

How to self-collect a vaginal swab (yellow top swab)

Essentials:
1x black pen
1x cup
1x form and swab

1. Wash hands

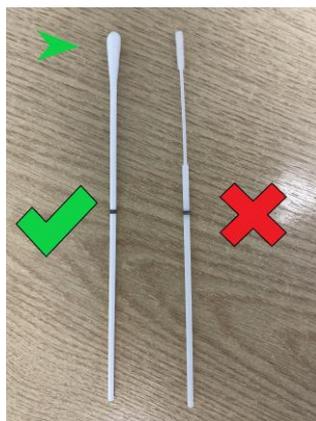
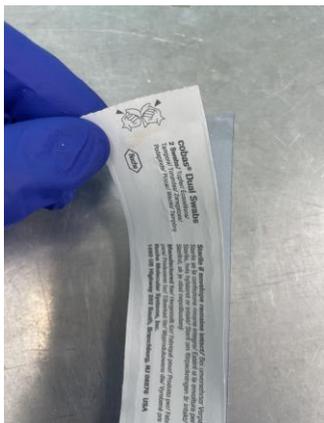
2. Remove outer packaging. Write the **date and time** that you are collecting the swab on the sticker and form as shown. Apply the sticker to the tube



3. Unscrew the lid from the tube and place the tube in a cup to hold it upright. **Take care to avoid spilling the fluid.** Keep the lid nearby

4. Peel open the swab packaging at the end indicated with the arrows

5. There are 2 swabs in the pack, you will only need to use the **woven ended swab** identified alongside the green tick in the photo. The other swab may be discarded



6. Holding the swab in one hand, use your other hand to part the skin around the vagina, then insert the swab **5cm** into the vagina. Gently rotate the swab inside the vagina for **30** seconds

If you have pain or difficulty inserting the swab stop and call the GP surgery for advice

7. Withdraw the swab from the vagina and place it in the tube. There is a black line with a ridge on the swab – lean this against the rim of the tube to break the swab in half at this ridge, leaving the woven end of the swab inside the tube and discarding the end that you have been holding

***Do not touch anything else with the swab tip to avoid contamination and inaccurate results**



8. You should then be able to screw the lid on top of the tube containing the swab

9. Place the tube inside the bag, then wash your hands

10. Remove the yellow paper strip to reveal a sticky edge and fold along the dotted line to seal the bag



11. Please drop specimens into reception **before 11am**. Ideally swabs should be dropped in as soon as possible after they are taken. If there is a delay, store the sample inside a bag in the fridge for no more than 24 hours

12. Phone for your results **5-7 days later**

*It is important the fluid remains in the tube.

* Do NOT pre-wet the swab.

HANDLING PRECAUTIONS: The collection tube fluid can cause irritation if contacted with skin or other body parts. Handle the collection tube carefully. Use care to avoid splashing contents of the tube. If the contents of the tube are spilled on your skin, wash the affected area with soap and water. If the contents of the tube splash into your eyes, flush them with water immediately and notify your healthcare provider.