

VAGINAL SELF-COLLECTION

HOW TO DO IT?



PRECAUTIONS TO TAKE: WASH YOUR HANDS THOROUGHLY BEFORE SELF-COLLECTION

- 1** Open the tube containing the swab. Do not touch the cotton part or drop the swab. If you touch the cotton part or drop the swab, request a new collection kit.
- 2** Take care not to spill the contents of the tube. If this happens, request a new collection kit.
- 3** Hold the swab as shown in **picture 1**, placing the thumb and forefinger in the middle of the shaft.
- 4** Position yourself as if you were about to insert a tampon. Gently insert the swab into the vagina up to approximately 3 cm (**figure 2**), and gently rotate the swab **for 10 to 30 seconds**. Make sure that the swab touches the walls of the vagina so that moisture is absorbed by the swab.
- 5** Remove the swab without touching the skin.
- 6** Immediately place the swab into the tube.
- 7** Carefully break the shaft at the level indicated by pressing it against the edge of the tube as shown in **picture 3**.
- 8** Screw the cap tightly on the tube (**picture 4**).
Mark the sample: Name, date of birth and date of collection.
Store the tube at room temperature and return it to your laboratory **as soon as possible and within 48 hours** (at room temperature or in the fridge).

