

**THIS SAMPLE MUST BE RECEIVED BACK WITHIN 4 WEEKS OTHERWISE IT WILL NOT BE TESTED**

## Vaginal Swab

To avoid contamination wash your hands before starting. Don't let the end of the swab touch anything other than your vagina and don't put the swab down after opening it. Please choose the orange tube which is labelled and says "VVS" for this sample.

### General warnings

- Please ensure the kit is kept out of reach of children. Do not pour the liquid down the sink.
- If ingested, rinse mouth. If the solution comes into contact with your skin, wash with soap and water. If skin irritation or allergic reaction seek medical advice. If the solution comes into contact with your eyes, wash with water for 15 minutes and seek medical advice.

### Instructions:

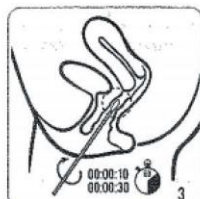
1. Take the cotton swab from the paper packet.
2. Hold the swab at the black line and put the cotton end into your vagina (like a tampon). You can't go too far!
3. Rub the swab around for 10 seconds then take it out.
4. Don't worry if you are on your period your swab can still be tested.
5. Take the top off the orange tube. Hold it upright and **don't spill** any of the liquid inside.
6. Put the cotton end of the swab inside the tube, snap the swab at the black line, and screw the top back on **tightly**.
7. Place the sample inside the blue microbiology bag provided and seal it. If you are doing more than one sample please use the separate bag provided for each.
8. Wash your hands.
9. We have included a small results card which has a sticker with your clinic number starting 'AN' and your date of birth. Please hold onto this. It has the results line number printed along the top that you need to call in 1 week time. When you call please ignore the 'AN' and just put in the 8 digit number and your date of birth when requested on the phone.
10. If any results are positive we will organise treatment for you.
11. Please hand the sample(s) in to any Tayside GP practice.



1. Open the packet



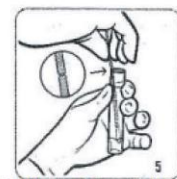
2. Hold the swab at the black line



3. Insert the cotton tip about 5cm (2 inches) into your vagina and rotate it gently for 10 to 30 seconds



4. Unscrew the lid of the container



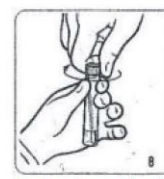
5. Place the swab in, cotton tip downwards



6. Bend the swab over the rim of the container and the end will break off around the black line



7. Throw away the bit that breaks off



8. Replace the lid on the container. Wash your hands