

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

RECTAL SWAB

To avoid contamination wash your hands before starting. Don't let the end of the swab touch anything other than your bottom and don't put the swab down after opening it. Please choose the orange tube which is labelled and says "Rectal" 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. Lower your trousers/underwear and adopt a comfortable position:
 - a. Sitting; Sit on the toilet or squat on the floor. Hold your genitals up and out of the way and swab from in front.
 - b. Or standing; Put your foot on the edge of the toilet. Pull your left buttock out to the side. Swab from behind as instructed below.
2. Take the swab from the packet. Hold it just above the black line
3. Place the cotton end of the swab against the anus. Push up gently with the swab and bear down as if having a bowel movement (twirling the swab might help).
4. Insert the swab until your thumb and forefinger meet your anus (swab goes in about a thumb's length or 3-4 cm)
5. Move the swab from side to side in a "half moon" motion so the swab brushes the walls of the rectum and then remove it. Don't worry if there is faecal matter on the swab it can still be tested.
6. Take the top off the orange tube, place the cotton end of the swab in the tube and snap the swab at the black line.
7. Put the top back on the tube **tightly** and make sure you **don't spill** any of the liquid inside.
8. **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.**
9. Get dressed again and wash your hands.
10. 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.
11. If any results are positive we will organise treatment for you.
12. **Please hand the sample(s) in to any Tayside GP practice.**

