

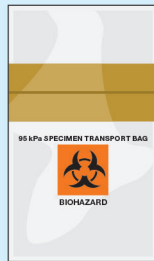
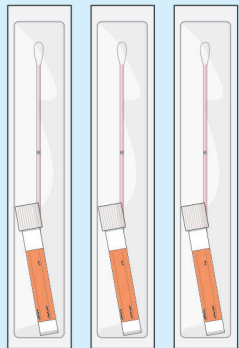
Vaginal swab sample collection: instructions for collection after interview

Please read these instructions first, slowly and carefully, the whole way through **before** collecting your sample.

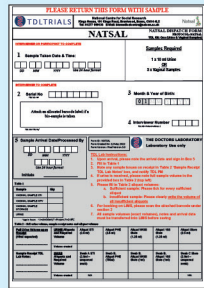
Natsal



Your sample collection pack contains

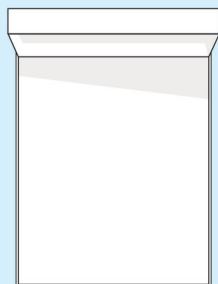


Specimen transport bag

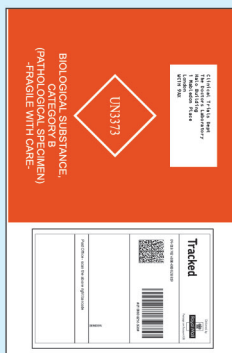


Dispatch form

Packets containing swab and collection tube x 3



Test kit box



Post-paid envelope



Security seal

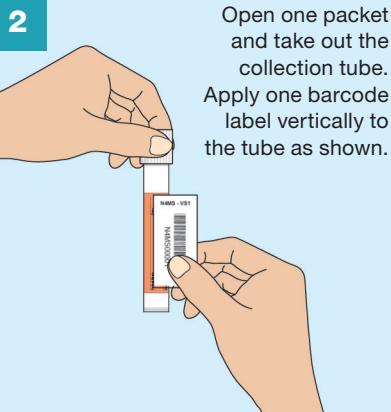


Barcode label x 3

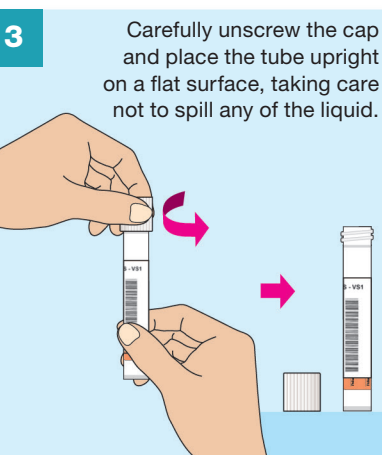
Please follow steps 1-18



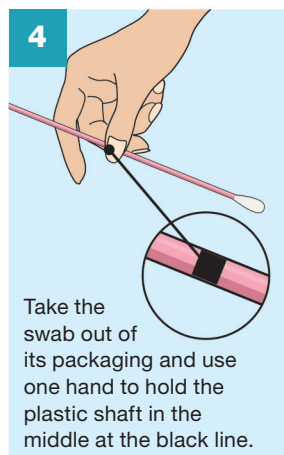
Wash your hands using soap and water and dry them.



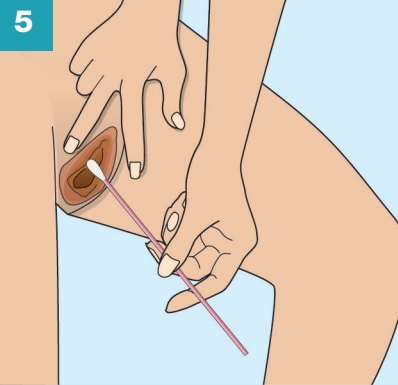
Open one packet and take out the collection tube. Apply one barcode label vertically to the tube as shown.



Carefully unscrew the cap and place the tube upright on a flat surface, taking care not to spill any of the liquid.

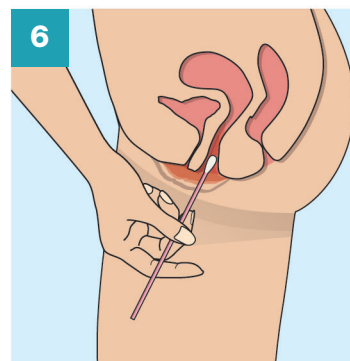


Take the swab out of its packaging and use one hand to hold the plastic shaft in the middle at the black line.



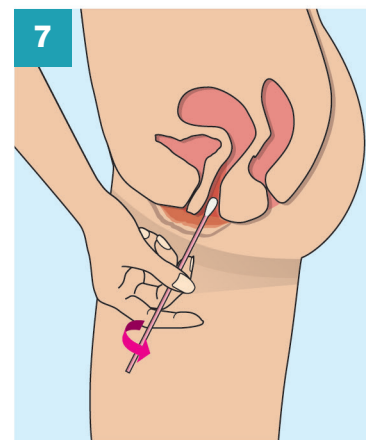
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With your legs apart, use your other hand to gently spread the skin outside your vagina. Insert the cotton tip of the swab into the vagina. Point the tip towards your lower back and relax your muscles.



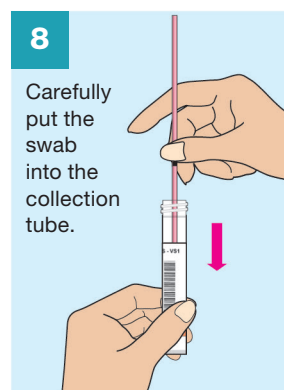
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Gently insert the swab about 5 cm into your vagina. Your fingers on the black line will stop you going in too far. If the swab does not slide easily, gently rotate it as you put it in. If it is too difficult, do not attempt to continue.



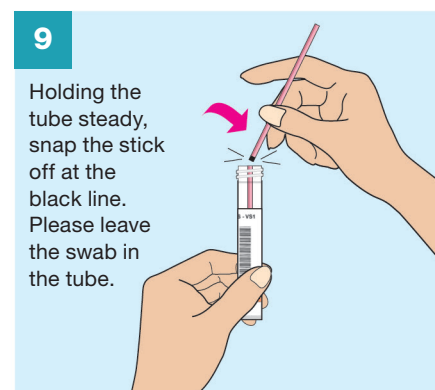
7

Rotate the swab for 5 seconds (count to 5 slowly), making sure it touches the walls of your vagina. Carefully pull out the swab.



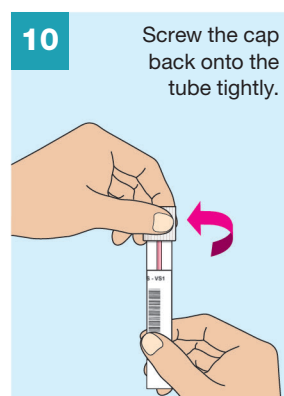
8

Carefully put the swab into the collection tube.



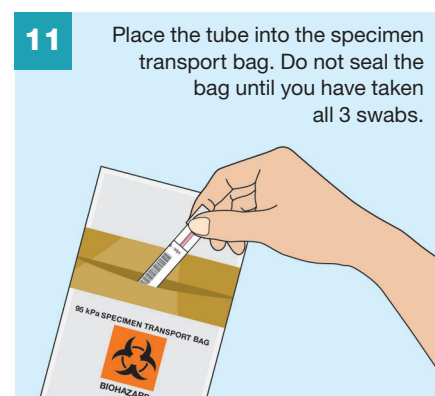
9

Holding the tube steady, snap the stick off at the black line. Please leave the swab in the tube.



10

Screw the cap back onto the tube tightly.

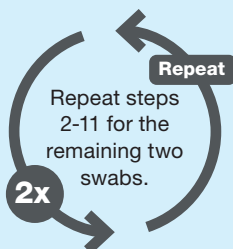


11

Place the tube into the specimen transport bag. Do not seal the bag until you have taken all 3 swabs.

Please turn over for further instructions

12



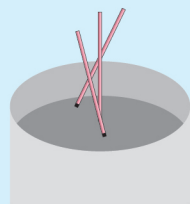
13



Wash your hands using soap and water and dry them.

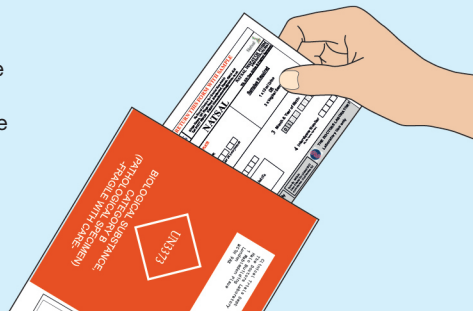
14

The packaging and snapped off swab sticks can be put in the bin.



15

Complete Section 1 of the dispatch form with the date and time you took your sample and place the dispatch form into the post-paid envelope.

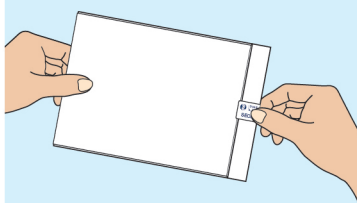


16



Seal the specimen transport bag containing the 3 tubes and place it into the test kit box.

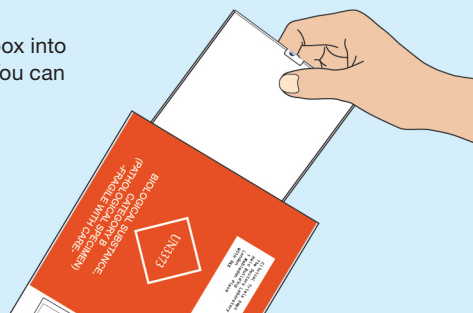
17



Close the test kit box and apply the security seal to the end flap of the box.

18

Place the sealed test kit box into the post-paid envelope. You can now seal the envelope.



19

Post the envelope back to us as soon as possible using any Royal Mail post box.



Thank you