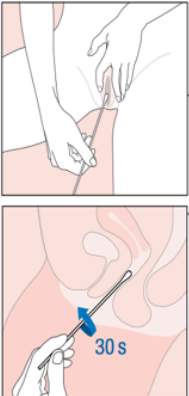


# SELF ADMINISTERED VAGINAL SWABS

## “S E L F I E” – RED SWAB (2)

THE RED TOP SWABS ARE FOR BACTERIAL VAGINOSIS, TRICHOMONAS AND YEASTS, AND THE TYPE OF YEAST

**Female swab self-collection protocol for vaginal samples**



- **POSITION:** Hold the swab in one hand and with the other hand separate the folds of skin around the vaginal opening (labia).
- **COLLECT:** Insert the swab about 5 cm (2 inches) into the vaginal opening. Gently turn the swab for about 30 seconds while rubbing the swab against the wall of the vagina. Remove the swab carefully. Do not touch the swab to any surface before placing it into the collection tube.

- **REMOVE THE RED CAP – Please note that there is a gel, not a liquid, so it won't spill**
- **INSERT THE RED TOP SWAB INTO THE TUBE – It doesn't need to be broken**

