

Self-Collection of Rectal Swab

ATTENTION: Read ALL instructions before you begin!



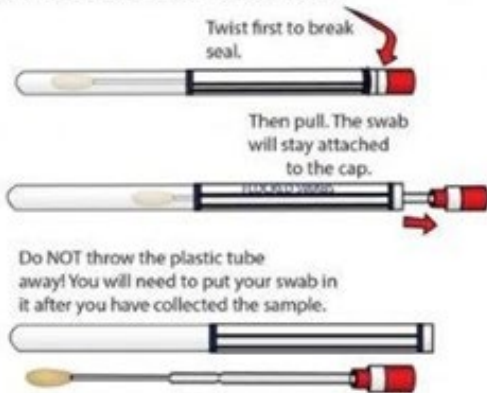
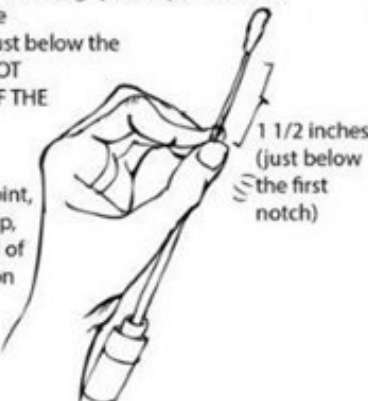






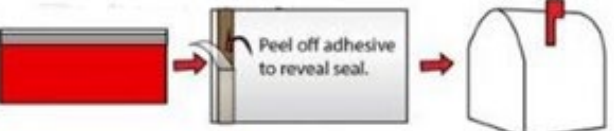
<p>STEP 1</p>  <p>Wash your hands thoroughly.</p>	<p>STEP 2</p>  <p>Unopened Swab</p> <p>Either squat down, or lift one leg on a toilet, ledge, or chair (as shown). Pull underwear down or off.</p>	<p>STEP 3</p> <p>Open the swab. DO NOT TOUCH THE TIP OF THE SWAB.</p>  <p>Twist first to break seal.</p> <p>Then pull. The swab will stay attached to the cap.</p> <p>Do NOT throw the plastic tube away! You will need to put your swab in it after you have collected the sample.</p>	<p>STEP 4</p> <p>With your dominant hand (right if you're right-handed, left if you're left-handed), grip the opened swab 1.5" away from the tip of the swab (just below the first notch). DO NOT TOUCH THE TIP OF THE SWAB.</p>  <p>1 1/2 inches (just below the first notch)</p> <p>Do NOT, at any point, use anything (soap, saliva, or any kind of lubricant) either on your body or on the swab.</p>
<p>STEP 5</p>  <p>With your other hand, position your bare buttock and lift one cheek for easy access to the rectum. (DO NOT use anything on your rectum or the swab.)</p> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;"> <p>Female Anatomy</p>  </div> <div style="text-align: center;"> <p>Male Anatomy</p>  </div> </div>		 <p>STEP 6 Insert the swab 1.5 inches into your rectum until you feel your fingers touch your anus.</p> <p>STEP 7 Once the swab is in, walk your fingers halfway down the swab (away from your body) and grip it there, for stability. (The swab should stay where it is—only your fingers should move.)</p> <p>STEP 8 Gently rub the swab in a circle, touching the walls of your rectum, to collect the specimen.</p> <p>STEP 9 When removing the swab from your rectum, slowly turn it in a circle while pulling it out.</p>	<p>STEP 10 Place used swab back into the transport tube. Close tightly to prevent leakage.</p>  <p>STEP 11 Place closed tube into the red plastic zip-lock bag. Seal the bag.</p>  <p>STEP 12 Place sealed zip-lock bag into the return mailer (white envelope with a blue diamond-shaped sticker on the front). Seal the envelope and drop it in any mailbox.</p>  <p>Peel off adhesive to reveal seal.</p>

Diagram designed by Garvi Sheth