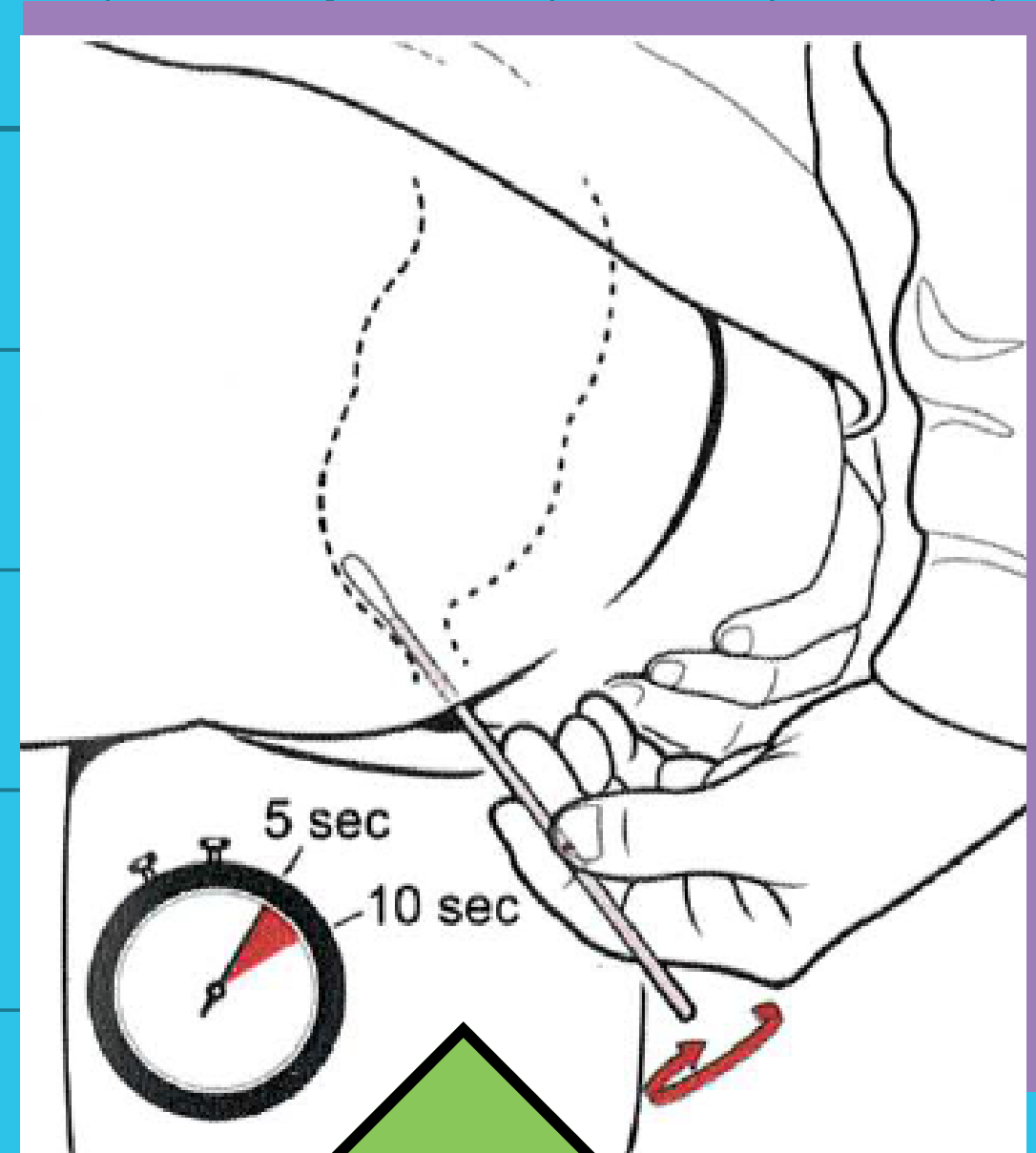


Self-Swab Instructions

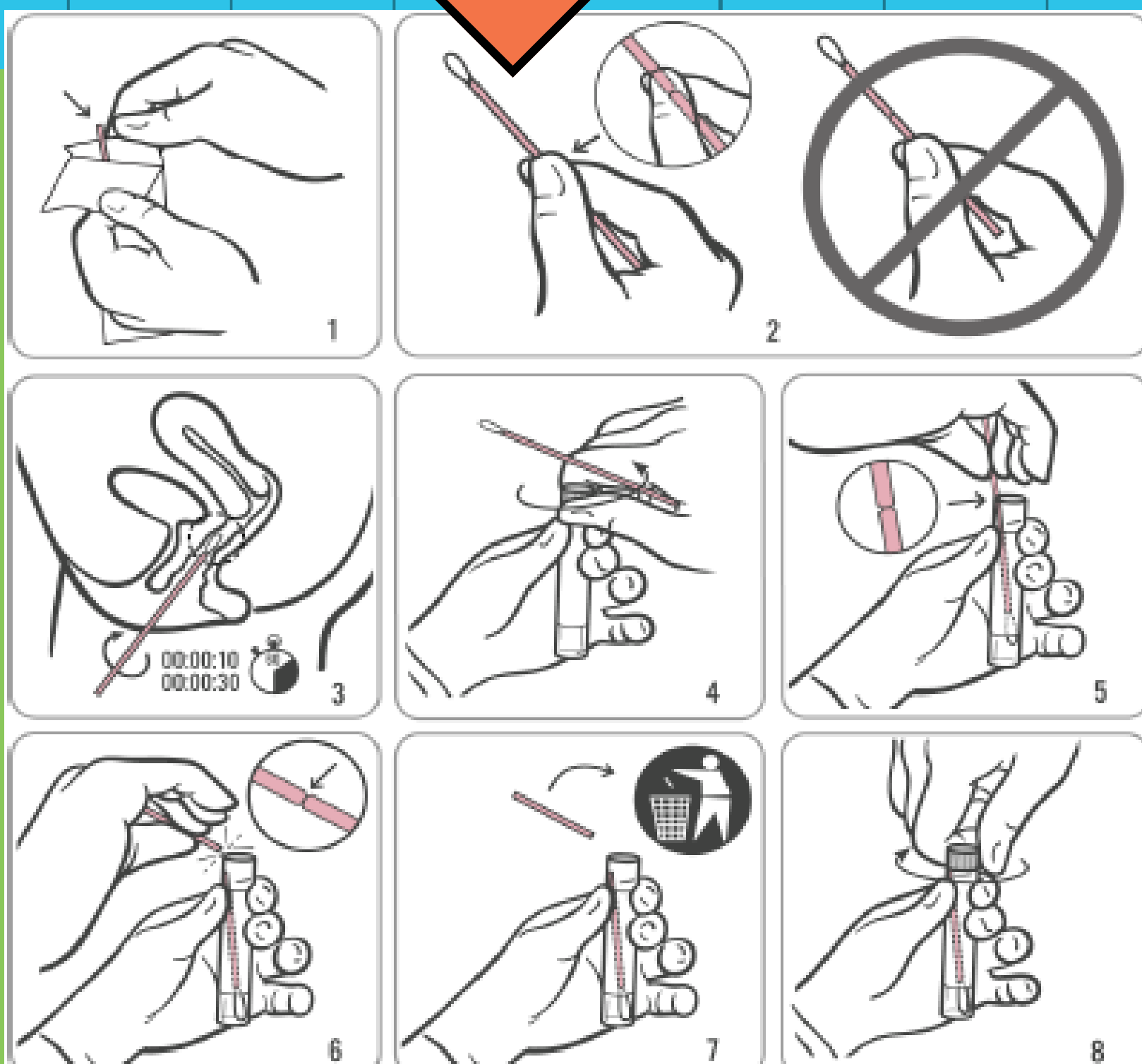
Vaginal Swab Instructions

- Open kit package. Remove contents. Set tube aside. Refer to DON'Ts!
- Carefully insert swab, covering black line, into vagina (2 inches or 5 cm) and rotate swab for 10 to 30 seconds, touching walls of vagina.
- Take the swab out without touching your skin!
- Place swab into tube, making sure the black line is at the top.
- Break tube at the black line against the side of the tube.
- Throw away the part of the swab that you broke off (not part in tube).
- Screw cap back onto tube.
- Make sure your name and health card # are on the tube



Rectal Swab Instructions

- Open kit package. Remove contents. Set tube aside. Refer to DON'Ts!
- Carefully insert swab into rectum, covering black line, (1-2 inches or 3-5 cm) and rotate swab for 5-10 seconds.
- Place swab into tube, making sure the black line is at the top.
- Break tube at the black line against the side of the tube.
- Throw away the part of the swab that you broke off (not part in tube)
- Screw cap back onto tube.
- Make sure your name and health card # are on the tube



DON'Ts!

- Don't touch the soft tip of the swab or lay it down! Request a new one if you do.
- Don't hold the swab below the black line! It might snap.
- Don't spill the contents of the tube! Request a new one if you do!
- Don't puncture the top! Request a new one if you do!