

INSTRUCTIONS ON HOW TO TAKE YOUR OWN LOWER VAGINAL SWAB

For NAAT testing for STI

1.



Find a comfortable position, either sitting or standing.

2.



Put the tip of the cotton swab stick about 2 cm (length of 1 finger joint) inside your vagina.

3.

Turn the swab stick around once.

4.

Leave the swab stick in for a count of 10.

5.

Remove the swab stick.

Follow the instructions above then

- Place the swab into the transport tube provided
- Snap off the shaft of the swab & screw on the transport tube lid firmly
- Label the tube with your full name, time & date, your date of birth
- Place the tube into the plastic specimen bag, with the pathology request form
- Deliver the sample to your nearest pathology collection centre within 6 hrs
- Store sample at room temperature prior to delivery to the collection centre
- See the back of the request form or www.wdp.com.au for locations

