Vaginal Collection Instructions

Included with this kit

Before collecting your sample, please ensure that your kit contains the following materials:

A  Self-adhesive order number label
B  Collection tube with swab
C  Zip closure specimen bag
D  Postage-paid return envelope
Stand in a relaxed, balanced position with knees slightly bent and hold the swab at the middle of the handle. Carefully insert the swab up to 2" into the vagina, pointing the tip toward your lower back. Note: there is a slight indentation on the stick, 2" from the soft tip of the swab. Once inserted, keep the swab in place for 20 seconds, then rotate the swab along the inner walls of the vagina three times.

1. Peel open the package and remove the swab and transport tube. Twist the cap to break the seal, then remove the cap and attached swab without touching the soft tip of the swab. Do not set the swab down.

2. Stand in a relaxed, balanced position with knees slightly bent and hold the swab at the middle of the handle.

3. Carefully insert the swab up to 2” into the vagina, pointing the tip toward your lower back. Note: there is a slight indentation on the stick, 2” from the soft tip of the swab. Once inserted, keep the swab in place for 20 seconds, then rotate the swab along the inner walls of the vagina three times.

4. Remove the swab and immediately place it in the transport tube and cap the tube securely.

5. Place the self-adhesive label with your order number over the label on the transport tube. If you are testing multiple body sites, ensure that you are placing the correct label on each tube. The labels are letter-coded and marked with the corresponding body site.

6. Seal the labeled transport tube in the zip closure bag and seal tightly. Then place the bag in the postage-paid envelope and seal tightly.

7. You can send your sample from your mailbox or any United States Post Office. Do not place in a FedEx or UPS drop box.

 IMPORTANT: Read all instructions prior to collecting your sample

• For best results, avoid intercourse for 48 hours prior to collecting your sample
• Be sure to wash and dry your hands thoroughly, before and after collection