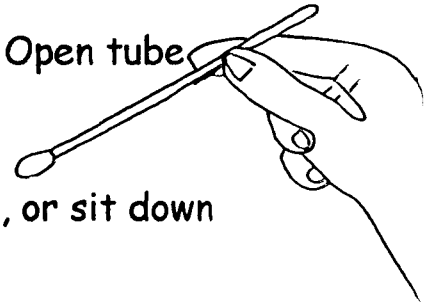


How to collect a Vaginal / Vulval Swab

1. Remove tampon if present.

2. Peel open the Chlamydia Swab packet.

You will find three swabs and a purple top tube. Open tube and set the tube aside for now.



3. Stand with your feet apart and your knees bent, or sit down with your knees apart.

4. Take one of the **fat** swabs; try not to touch the cotton tip, do not lay the swab down.

5. With your free hand, hold open the skin around the vaginal opening.

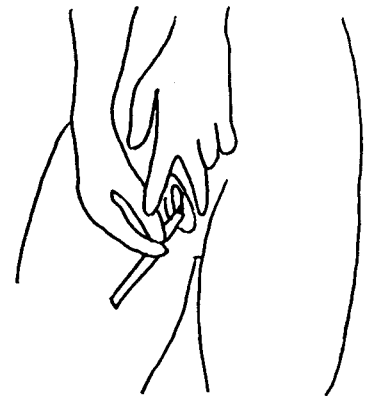
Place the soft swab tip into the vagina,

approximately the **length of your finger**.

Rotate the swab all the way around the vagina.

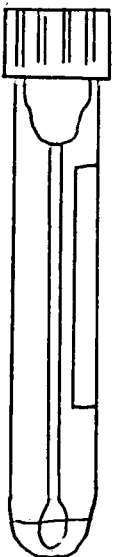
Remove the swab and continue to hold it.

Do not put it down.



6. Place the swab into the tube.

Hold the swab stick firmly; bend it until it breaks off at the top of the tube. You may ^{cut} through away the broken stick, package and unused swabs, (these are spare in case you drop one). Broken end of swab needs to be inserted into rubber inner of lid.



7. Put the purple cap back on the tube clicking it on securely.