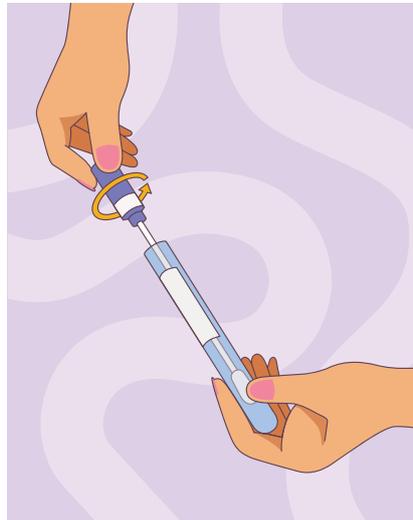


How to collect your own sample



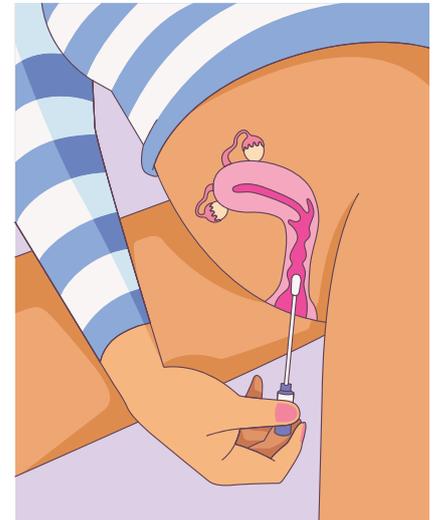
Step 1.

You'll be provided with a private space to collect your sample.



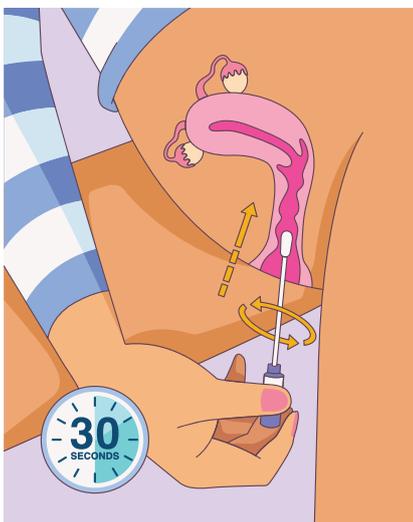
Step 2.

Twist the cap and remove the swab from the tube. Hold on to the cap and do not touch the end of the swab.



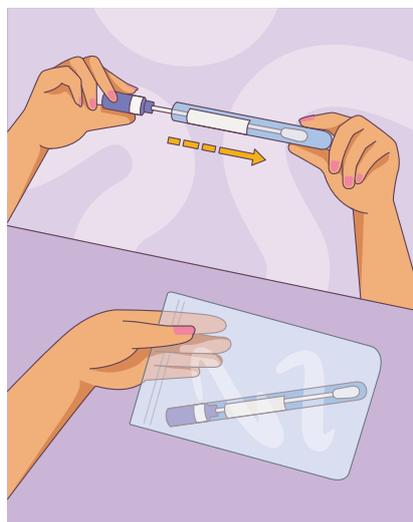
Step 3.

Gently move the folds of skin around your vagina with your other hand. Insert the swab a few centimetres into your vagina.



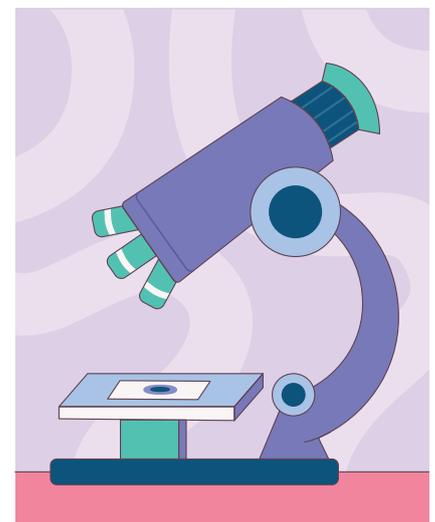
Step 4.

Rotate the swab gently for 10–30 seconds.



Step 5.

Gently remove the swab from your vagina. Place the swab back into the tube, screw the cap back on and give it back to your healthcare provider.



Step 6.

Your healthcare provider will send your sample to a pathology laboratory to be tested.