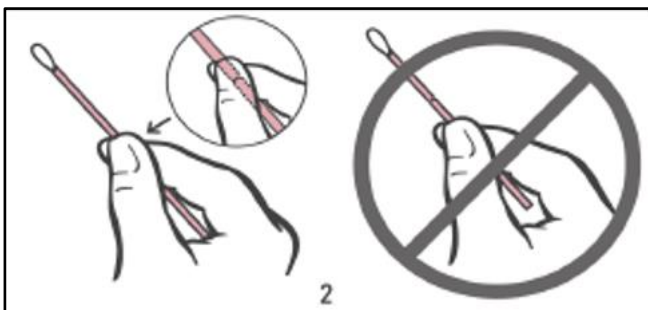


Collecting a swab sample from the vaginal mucosa for chlamydia-gonorrhea tests (self-collected sample in the laboratory)

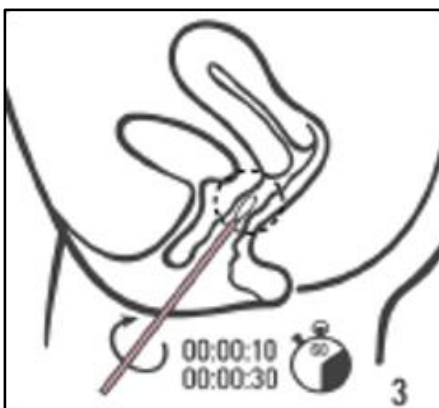
Wash your hands carefully with soap and water. Read through the instructions for collecting the sample before you begin.



1. Open the swab packet where you see the arrows on the packet. Remove the swab from the packet. Don't touch the cotton end marked with a black line. Be careful not to drop the swab and don't lay it down anywhere, for example, on a table.

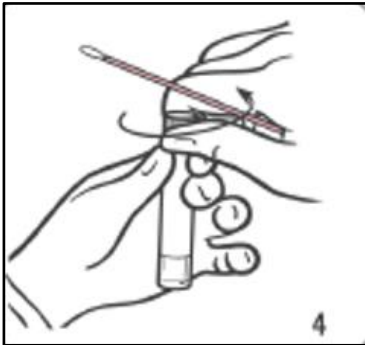


2. Hold the swab between your thumb and index finger, placing the fingers on the black line.

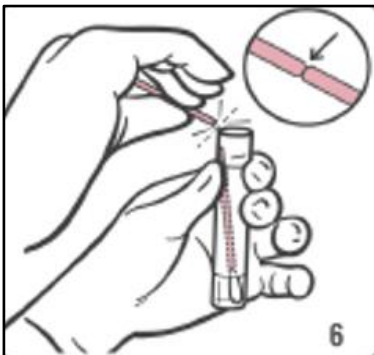


3. Separate the lips of the vulva with your other hand and carefully insert the swab about 5 cm into your vagina. Gently rotate the swab for 10–30 seconds. The tip of the swab must touch the walls of the vagina so that the tip becomes moist. Pull the swab out without touching the skin.

4–5. Open the sample tube carefully. Don't spill the liquid inside the tube. Don't touch the foil part of the cap. Put the swab into the tube immediately.



6–8. Snap the swab at the black line by bending it against the edge of the sample tube. Leave the swab in the tube and close the tube carefully. Throw the end of the stick in the bin.



Wash your hands with soap and water.

First place the sample tube into the sealable plastic bag and then into the paper bag.

Return the sample according to the instructions you have been given.