



## How to take vaginal swabs

The Doctor or Nurse will have provided a labelled bag containing 2 separate packs – one containing an orange topped tube and one containing a black topped tube.

### Orange topped tube containing clear fluid

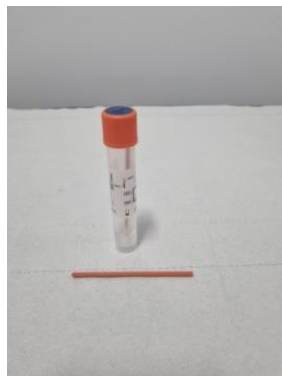
1. Open the pack and throw away the plastic pipette (A).
2. Remove the sterile swab from its wrapper, taking care not to touch the soft tip or lay it on a non sterile surface.
3. Insert the white tip of the swab about 2 inches or 5cm into the opening of the vagina
4. Gently rotate the swab for 15-30 seconds against the side walls of the vagina.
5. Withdraw the swab carefully.
6. Unscrew the orange cap on the tube carefully.
7. Immediately place the swab, soft tip first into the tube (B).
8. Carefully break the swab at the scored line on the shaft- take care not to spill or splash the contents (C).
9. Put the cap back on the tube, ensuring it is closed tightly (C).
10. Ensure the tube is labelled with your details. Please use sticky label provided – there is one label for each tube (D).



**A**



**B**



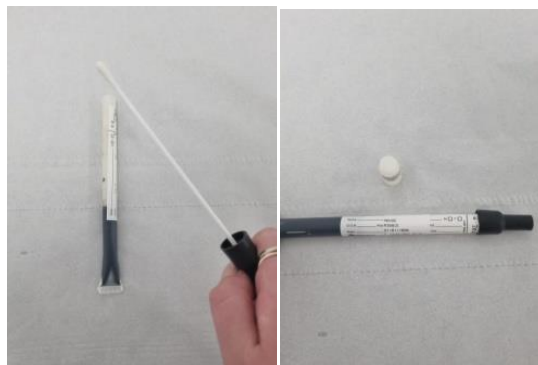
**C**



**D**

### White topped tube containing a black material

1. Remove the sterile swab from its wrapper, taking care not to touch the soft tip or lay it on a non sterile surface.
2. Insert the white tip of the swab about 2 inches or 5cm into the opening of the vagina
3. Gently rotate the swab for 15-30 seconds against the side walls of the vagina.
4. Withdraw the swab carefully.
5. Break the white plastic top off the tube (E).
6. Insert the whole swab into the tube- the black top should fit neatly (F).
7. Ensure the tube is labelled with your details including the date you did the test (F).



E

F

Finally put both labelled swabs into the labelled bag and seal by peeling off the orange strip and pressing the bag closed. Make sure the bag is labelled with your details including the date (G).



G

You can now return the samples to the reception desk at Heilendi Practice.