1. Wash hands with soap and water before collecting sample.
2. Partially peel open swab package (Diagram 1). Do not touch the soft tip or lay swab down. *If the soft tip is touched, laid down, or dropped, return to lab for new collection kit.*
3. Hold the swab as shown (Diagram 2), placing thumb and forefinger on black score line. *Do not hold below score line.*
4. Carefully insert swab into vagina about 2 inches (Diagram 3). **Gently rotate the swab clockwise for 10 to 30 seconds.** Make sure swab touches walls of vagina so that swab absorbs moisture, then withdraw swab without touching skin.
5. While holding swab in same hand, unscrew tube (Diagram 4). Do not spill contents of tube. *If tube spills, request a new collection kit from the lab.*
6. Place swab into the tube so that black score mark lines up with top of the tube (Diagram 5). Carefully break swab at the score line against the side of the tube.
7. Tightly screw the cap onto the tube (Diagram 6).
8. Place specimen(s) in metal receptacle and rotate 180 degrees. (Diagram 7).

*Scan QR code for video instructions*