



PATIENT INSTRUCTIONS

How to take your own Low Vaginal Swab

1. Wash your hands thoroughly with soap water and dry before taking a sample.
2. Find a comfortable position, either sitting or standing.
3. Remove the swab applicator from the packaging. Avoid touching the cotton tip.
4. Part the labia and put the applicator end about 2cm (length of one finger joint) inside your vagina.
5. Gently turn the swab around once, then leave for a count of 10.
6. Remove the swab, being careful not to touch any other skin.
7. Place the swab directly into its container.
8. Wash your hands.
9. Write the following on the container label: your **full name**, **date of birth**, **date and time** of collection and **'LVS'**.
10. Place into plastic bag.



Diagrams courtesy of Kimberley P.H.U.
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To find your nearest PathWest Collection Centre, visit www.pathwest.com.au or scan the QR Code on the right.

