



How to collect your own Low Vaginal Swab

NO BOOKING REQUIRED



If you are collecting a sample at home, take it to a PathWest collection centre as soon as possible. If immediate delivery is not possible, store the sample in a refrigerator (not a freezer) for up to 24 hours, placing it in an additional plastic bag before refrigerating.



How to collect your own sample

1. Obtain a swab from your doctor or nearest PathWest collection centre and label the tube with your **full name, date of birth, date, time of collection** and **"LVS"**.
2. Wash your hands thoroughly with soap and water and dry them before taking your sample.
3. Carefully open the swab package, ensuring not to touch the cotton tip of the swab, and find a comfortable position.
4. Part the labia and gently insert the cotton applicator 2cm (about the length of one finger joint) into the vagina. Gently rotate the swab for 30 seconds to collect an adequate sample.
5. Carefully withdraw the swab, being cautious not to touch any other part of your skin. Place it directly into its container, ensuring the cap is secured and wash your hands thoroughly.
6. Place the container into the plastic bag provided and hand it to a PathWest collector if you are at the collection centre.

