

Self-collection guide: Low vaginal swab

NO BOOKING REQUIRED



If 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 at room temperature (not in the fridge or freezer) for up to 24 hours.



Scan for locations

How to collect your own sample

1. Collect a swab from your doctor or nearest PathWest collection centre and write your **full name, date of birth, date, time of collection** and **"LVS"** on the tube.
2. Wash your hands thoroughly with soap and water and dry them before collecting your sample.
3. Carefully open the swab package, do not touch the cotton tip of the swab, and find a comfortable position either by sitting or standing.
4. Separate the skin around the opening of the vagina (labia) gently insert the cotton swab 2cm (about the length of one finger joint) into the vagina. Gently rotate the swab for 30 seconds to collect an acceptable sample.
5. Carefully remove the swab, being careful not to touch any other part of your skin. Place it into its container, close the cap tightly 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.



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