

Self-collection guide: Rectal 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 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 **"Rectal"** on the outside of the tube.
2. Wash your hands thoroughly with soap and water and dry them before taking your sample.
3. Carefully open the swab package, do not touch the cotton tip of the swab, and find a comfortable position.
4. Gently insert the swab through the anus (back passage), 2cm into the rectum, gently rotating the swab for 10 seconds.
5. Carefully remove the swab, being cautious not to touch any other part of your skin. Place it directly into its container, secure the cap and wash your hands thoroughly. Faecal matter on the swab tip is normal.
6. Place the container into the plastic bag provided and hand it to a PathWest collector if you are at the collection centre.

Disclaimer: This publication is for general education and informational purposes. Contact a qualified healthcare professional for any medical advice needed.
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