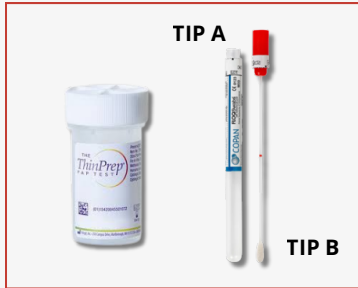


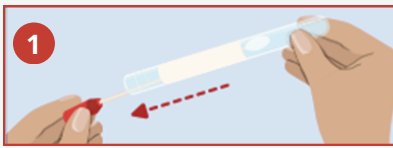


This guide provides instructions for collecting your own vaginal sample for cervical screening. Please read the instructions carefully before starting, and consult your healthcare provider with any questions.



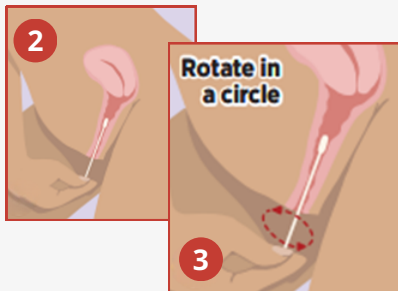
Before starting

- Your healthcare provider will provide you with a private space to collect your sample. This could be behind a screen or in a bathroom. You will be given a package containing a "FLOQswab" swab and a ThinPrep vial containing liquid.
- Before you open the swab make sure you know which end of the swab can be held (Tip A), and which end is for taking the sample (Tip B). If you are unsure, ask your healthcare provider for advice.
- Make sure your hands are clean and dry, get yourself in a comfortable position and lower your underwear.



1. Preparing the swab

- Twist the cap and remove the swab from the tube.
- Make sure not to touch Tip B that will be inserted to collect the sample.
- Do not put the swab down.

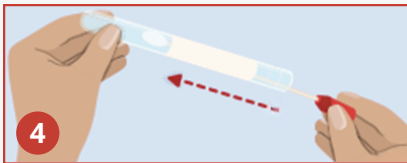


2. Inserting the swab Rotate in a circle

- Use your free hand to move skin folds at the entrance of your vagina.
- Gently insert Tip B into your vagina a few centimetres.
- The swab has a red mark/line on it showing you how far to insert.

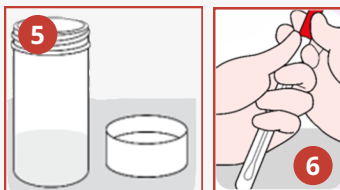
3. Taking the sample

- Rotate the swab gently for 10-30 seconds (in any direction). This may feel a bit uncomfortable but should not hurt.



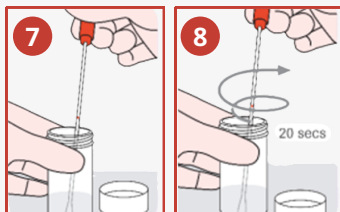
4. Storing the sample

- Still holding Tip A, gently remove the swab from your vagina.
- Place the swab back into the original tube with Tip B going in first.
- Screw the cap back on.



Preparing the ThinPrep vial

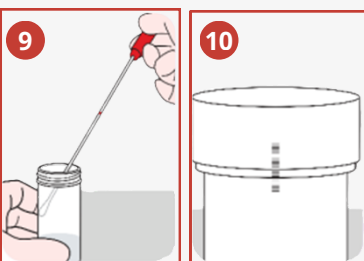
5. On a stable, flat surface, carefully uncap the ThinPrep vial.



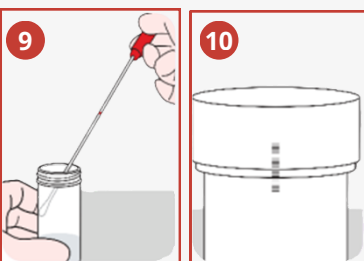
6. Slowly remove the FLOQswab from the tube. Minimise touching the inner walls of the tube as you remove the FLOQswab.

7. Hold the ThinPrep vial with one hand then with the other hand place the FLOQswab tip (B) into the vial until the FLOQswab tip is fully immersed in the liquid and touching the bottom of the ThinPrep vial.

8. Holding onto the ThinPrep vial, swirl the FLOQswab along the inner wall of the vial for 20 seconds while ensuring the swab remains immersed in the liquid. Be careful not to splash.



9. Carefully draw the FLOQswab up along the inner wall of the ThinPrep vial until the tip is no longer immersed in the liquid. Hold the tip against the inner vial wall to drain the fluid off the swab. Place the FLOQswab back into the original tube and discard safely.



10. Re-cap the ThinPrep vial and tighten until the lines on the cap and vial meet or slightly overlap to prevent leakage. Place the ThinPrep vial into the provided Biohazard bag and return it to your healthcare provider. **LABEL THE VIAL WITH YOUR FULL NAME AND DATE OF BIRTH.**