

# Self-Swab Sample Instructions

Follow these instructions for taking your self-swab sample.

## For a THROAT - use the Aptima Swab Specimen Transport Tube (white label)

1. Open your mouth wide.
2. Firmly rub the swab across the back of your throat.
3. Start at one side, go across the top, and end at the other side of your throat.



## For a RECTAL – use the Aptima Swab Specimen Transport Tube (white label)

1. Lean over and spread your legs slightly.
2. Do **NOT** lubricate the swab.
3. Insert the swab about 2 inches into your anus and turn the swab for 5 to 10 seconds.



## For a VAGINAL swab - use the Aptima Multitest Swab (orange label)

1. In one hand, hold the woven swab with the score line above your hand and with the other hand separate the folds of skin around the vaginal opening (labia).
2. Insert the swab about 2 inches into the vaginal opening. Gently turn the swab for about 10 to 30 seconds while rubbing the swab against the wall of the vagina.



## After swabbing:

1. While holding the swab in your hand, unscrew the tube cap.
2. Do not spill the tube contents. If the tube contents are spilled, request a new Aptima Swab Specimen Collection Kit. Immediately place the swab into the transport tube so the black score line is at the top of the tube. Align the score line with the top edge of the tube and carefully break the shaft. Discard the top portion of the shaft - do **NOT** put two swabs in one tube.
4. Tightly screw the cap onto the tube
5. **Wash your hands** with soap and warm water.
6. Bring the rack back to the lab technician.

