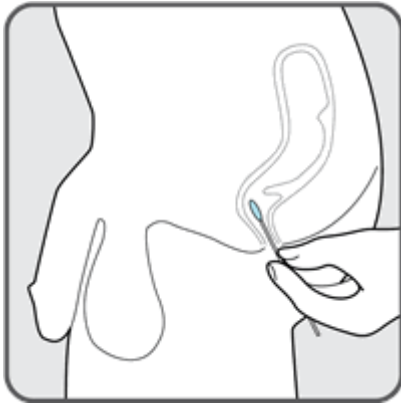


Self Sampling

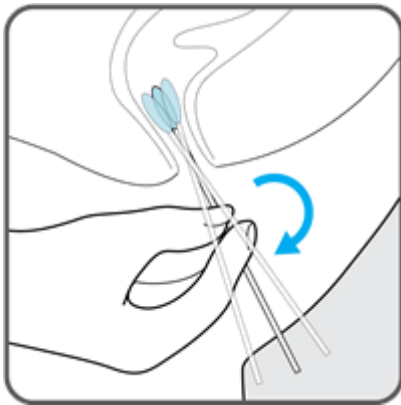
If your swab pack contains a pipette please discard it. You will not need to use this.

Rectal swab

1. Wash your hands and unpack the kit on a clean surface, ideally in a bathroom.
2. Remove the swab from its packaging. **Avoid laying it down or touching its tip.**
3. Firmly hold the swab **3-4cm** from the tip
4. Find a comfortable position and insert the swab 2-3cm into your rectum.



5. Gently rotate the swab 5-10 times in large circles against the inside of your rectum.



6. Gently rotate the swab whilst slowly removing it, and place it in the orange topped container. The swab will snap off mid way at the scored line leaving the lower half in the container, you can then replace the orange cap tightly
7. Place the orange topped container (with the swab in it) in the bag attached to the laboratory form.

Throat Swab

1. Wash your hands and unpack the kit on a clean surface.
2. Remove the swab from its packaging. **Avoid laying it down or touching its tip.**
3. Wipe the tip of the swab around the back of your throat. Swab these **five** areas:



- Open your mouth wide, and stick your tongue out. You will see an arch at the back of your mouth.
 - Rub the swab several times across the very back of your throat, behind the arch. It may make you gag but should not be painful.
 - Ensure you also swab the sides of the arch where your tonsils protrude.
 - Try to avoid swabbing your tongue and teeth.
4. Place the swab in the orange topped container. The swab will snap off mid way at the scored line leaving the lower half in the container, you can then replace the orange cap tightly.
 5. Place the orange topped container (with the swab in it) in the specimen bag attached to the laboratory form.

Urine

Before collecting your urine sample you should not have urinated for at least one hour.

1. Wash your hands and unpack the kit on a clean surface, ideally near a toilet.
2. Remove the cap from the sample bottle.
3. Catch the first bit of urine that passes in the sample bottle.
4. Tightly secure the cap and place in the specimen bag attached to the laboratory form.