

CLEAN-CATCH MIDSTREAM URINE COLLECTION

STEP 1

Wash your hands to make sure they are clean before collecting the urine.



STEP 2

If the collection container has a lid, remove it carefully and set it down with the inner surface up. Avoid touching the inside of the container with your fingers.



STEP 3

Begin urinating into the toilet or urinal.



STEP 4

After the urine has flowed for several seconds, place the collection container into the stream and collect about 3 fl oz (90 mL) of this "midstream" urine without interrupting the flow.



STEP 5

Avoid touching the rim of the container to your genital area, and avoid getting toilet paper, pubic hair, stool (feces), menstrual blood, or other foreign matter in the urine sample.

STEP 6

Finish urinating into the toilet or urinal.



SELF-COLLECTION OF RECTAL SWAB

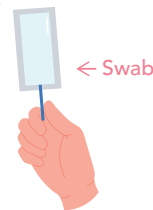
STEP 1

Wash your hands with soap and water before opening the kit.



STEP 2

Open the wrapper and remove the swab without touching the tip.



STEP 3

Get into a comfortable position. Hold the swab and find the black line indicator on the pink shaft.



STEP 4

Gently insert the swab about 1-inch.



STEP 5

Rotate the swab for 10-15 seconds and gently move it side to side, then remove.



STEP 6

Carefully pull out the swab. Locate the black line on the shaft. Align it with the tube rim, and carefully break the shaft.



SELF-COLLECTION OF PHARYNGEAL SWAB

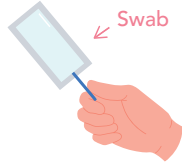
STEP 1

Wash your hands with soap and water before opening the kit.



STEP 2

Open the wrapper and remove the swab without touching the tip.



STEP 3

Open mouth widely and touch the end of the swab to the 5 areas of the throat.

1. Uvula
2. Posterior wall
3. Tonsil



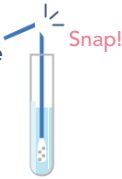
STEP 4

Uncap tube and keep upright - do not pour out the clear liquid. Place the swab into the tube.



STEP 5

Align the black line with the top edge of the tube and carefully break the shaft of the swab.



STEP 6

Place cap back on the test tube and tighten (do not puncture the foil).



STEP 7

Wash your hands thoroughly.



STEP 8

Return the collection tube to your healthcare professional.



SELF-COLLECTION OF VAGINAL SWAB

STEP 1

Wash your hands with soap and water before opening the kit.



STEP 2

Open the wrapper and remove the swab without touching the tip.

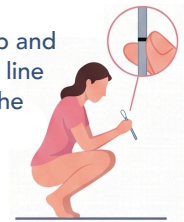
Carefully uncap the collection tube.



STEP 3

Get into a comfortable position.

Hold the swab and find the black line indicator on the pink shaft.



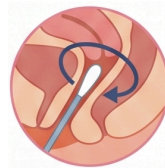
STEP 4

Gently insert the swab about 1-inch into the vaginal opening. If the swab does not slide easily, gently rotate it as you push.



STEP 5

Make sure the swab touches the walls of the vaginal area. Rotate the swab for 10-15 seconds to absorb moisture.



STEP 6

Carefully pull out the swab. Locate the black line on the shaft.

Align it with the tube rim, and carefully break the shaft.

