

How to take a vaginal swab

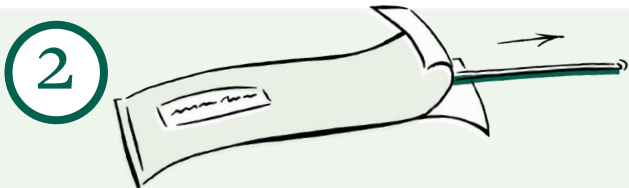
GetTested NZ

National Online STI Testing Service

If you use your vagina for sexual contact, a vaginal swab is the best way to test for chlamydia and gonorrhoea.

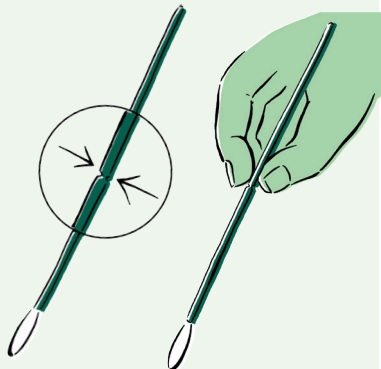
You do this test by wiping a swab – a long cotton bud – inside your vagina.

- 1 Wash your hands with soap and water.

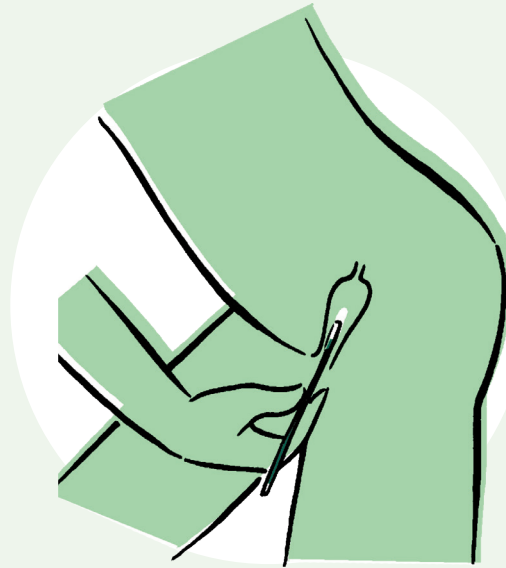


Remove the swab from the **VAGINAL SWAB packet**. Try not to touch the soft tip of the swab with your hands.

- 3 Hold the swab by the snap line in the middle of the stick. This will make sure it doesn't snap inside you.

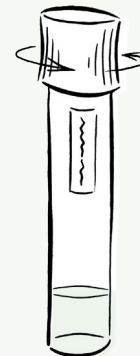


- 4 Carefully insert the swab about 5cm into your vagina and rotate for 10–30 seconds.



- 5 Carefully remove the swab, without touching the soft tip.

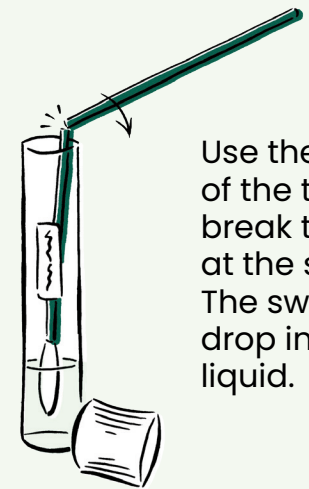
- 6 Open the **VAGINAL SWAB tube**. Be careful not to spill the clear liquid inside this tube.



- 7 Put the swab tip-first into the **VAGINAL SWAB tube**.

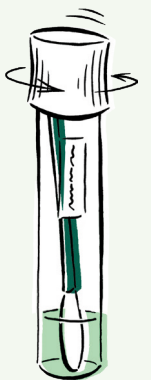


- 8 Use the edge of the tube to break the swab at the snap line. The swab will drop into the liquid.



- 9 Screw the lid back on the **VAGINAL SWAB tube**, with the swab inside.

Make sure the lid is tight and secure, so the tube doesn't leak.



10

Wash your hands with soap and water again.



11

Put the **VAGINAL SWAB tube** into the **specimen bag** that came with your self-test kit.



If you need to take any other samples, they will all go in the same bag, with your **laboratory form**.

Find these instructions online:



What next?

Once you've done your chlamydia and gonorrhoea self-tests, you need to give your samples back to the laboratory or collection site. Do this within 30 days.

Returning your samples

Dropping them off Posting them back

When you requested a test, you got an email with a link to find your nearest laboratory or collection point.

Use this link to figure out where to drop off your samples and laboratory form.

If you asked for a free return envelope, use this to send your samples back.

Put the specimen bag containing your samples and laboratory form in the free return envelope. It will have a sticker with the laboratory's address.

Put the sealed envelope in a NZ post box.

Getting your results

We'll contact you with your results.

If your test is negative, we'll send a text message.

If your test is positive, a nurse will call you to talk about further testing or treatment.

What to do if you test positive:

If you test positive for a notifiable disease (gonorrhoea, HIV, or syphilis) we need to report this to the local Public Health Service. We will try to contact you first.

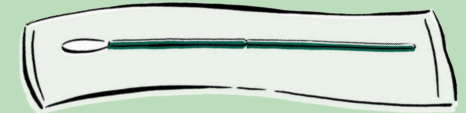
More about notifiable diseases:



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Your self-test kit for taking a vaginal swab includes:



A vaginal swab. This will be in a packet labelled VAGINAL SWAB. The swab looks like a long cotton bud. This is what you'll use to swab your vagina.



A tube of clear liquid to put the swab in once you're done. There will be a VAGINAL SWAB label on this tube with your name and date of birth.

Do not pour out the liquid in this tube. Avoid getting the liquid on your skin.

A specimen bag to store this sample (and any other samples you need to take).

Your **laboratory form** will be in this specimen bag. Please do not touch or remove this form.

