

How to take a vaginal swab

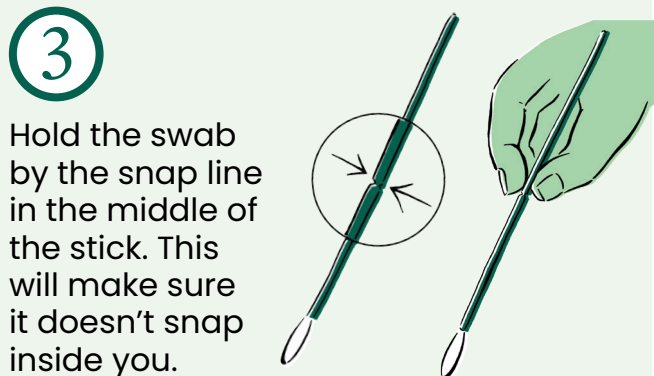
If you use your vagina for sexual contact, a vaginal swab is the best way to test for chlamydia and gonorrhoea.

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

- 1** Wash your hands with soap and water.

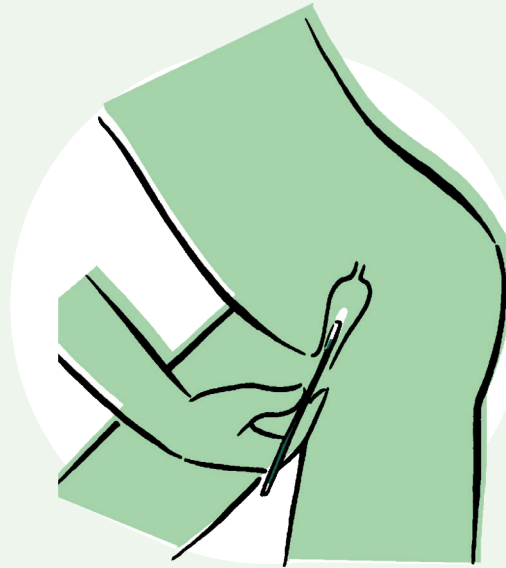


Remove the swab from the **VAGINAL SWAB packet**. Try not to touch the soft tip of the swab with your hands.



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.

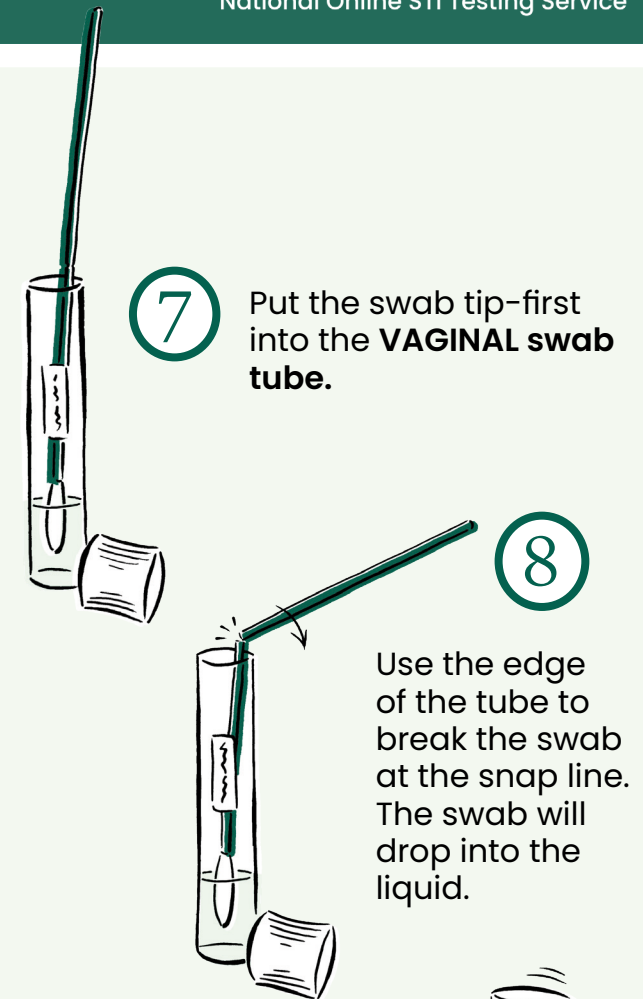


- 5** Carefully remove the swab, without touching the soft tip.

- 6** Unscrew the **VAGINAL SWAB tube**.

You can unscrew the foil lid like a normal lid. Do not touch the foil.

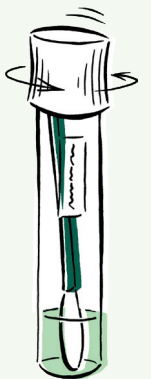
Be careful not to spill the clear liquid inside this tube.



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.

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.

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

Put the specimen bag containing your samples 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.

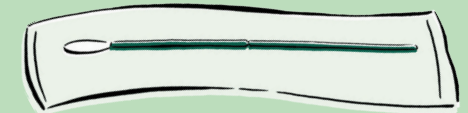
More about notifiable diseases:



Get Tested NZ

National Online STI Testing Service

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.

The tube has a foil lid. You can unscrew it like a normal lid. Do not touch the foil.

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

