

# How to take a vaginal swab

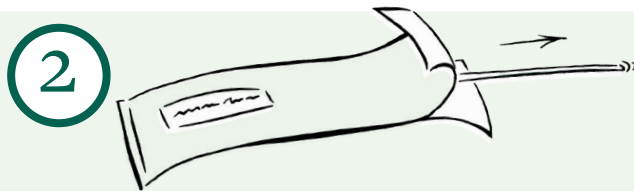
GetTested NZ

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.

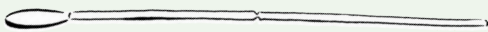
You do this test by wiping a swab – a long cotton bud – inside your vagina.

- 1 Wash your hands with soap and water.



Open the **VAGINAL SWAB** packet.

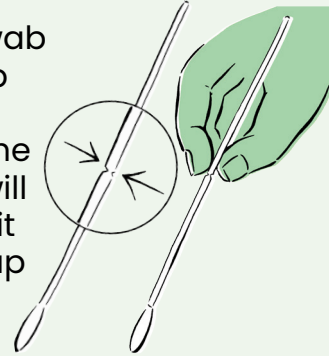
There are two swabs in this packet. Take the swab that looks like a long cotton bud out of the packet.



Try not to touch the soft tip of the swab with your hands.

You can throw out the swab with the narrow tip.

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



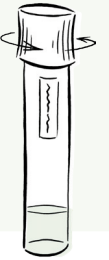
- 4 Carefully insert the swab about 5cm into your vagina and rotate for 10-30 seconds.



- 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.

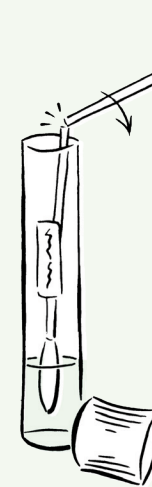


- 7 Put the swab tip-first into the **VAGINAL swab tube**.



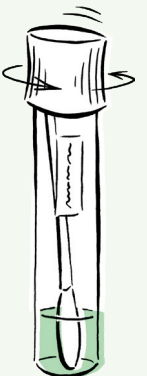
- 8

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.

**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.

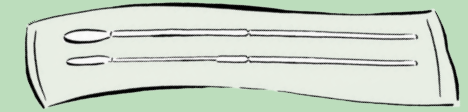
#### More about notifiable diseases:



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



**A VAGINAL SWAB packet.** There are two swabs in this packet, but you only need one. Use the swab that looks like a long cotton bud to take your test. Throw out the swab with the narrow tip.



**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).

