

How to self-collect a vaginal swab sample

cobas® PCR Female Swab Sample Kit

Roche

Read the collection instructions below. Inform your healthcare provider if you are pregnant, had recent pelvic pain, pain during sexual intercourse, or an unusual vaginal discharge or odor. If you have any questions about how to collect the sample, please ask your healthcare provider.

Preparing for sample collection:

- Wash hands prior to collection.
- Undress to expose the vaginal area.
- Put yourself in a comfortable position.
- Remove the collection tube and one swab from the collection kit.
- Discard the second swab.

How to self-collect a vaginal swab sample:



1. POSITION: Hold the swab in one hand and with the other hand separate the folds of skin around the vaginal opening (labia). Do not touch the swab tip or lay it down. If you touch the tip or lay the swab down, ask for a new swab.



2. COLLECT: Insert the swab about 5 cm (2 inches) into the vaginal opening. Gently turn the swab for about 30 seconds while rubbing the swab against the wall of the vagina. Remove the swab carefully. Do not touch the swab to any surface before placing it into the collection tube.



3. OPEN TUBE: While holding the swab in the same hand remove the cap from the tube as shown in the diagram.

HANDLING PRECAUTIONS:

The collection tube media can cause irritation if contacted with skin or other body parts. Handle the collection tube carefully.

- Do NOT pre-wet collection swab with the collection media or any other liquid before obtaining the vaginal sample.
- Use care to avoid splashing contents of the tube. If the contents of the tube are spilled on your skin, wash the affected area with soap and water. If the contents of the tube splash into your eyes, flush them with water immediately. Always notify your healthcare provider. NOTE: In case the contents of the tube are accidentally spilled, do not attempt to clean up. Immediately notify your healthcare provider for appropriate action.



4. ALIGN: Lower the swab into the tube until the visible dark line on the swab shaft is lined up with the tube rim. The tip of the swab should be just above the liquid in the tube.



5. BREAK: Carefully lean the swab against the tube rim to break the swab shaft at the dark line; discard the top portion of the swab.



6. CLOSE: Tightly close the cobas® PCR Media tube. Wash hands after collection. Return the sample to your healthcare provider as instructed.

DO NOT take this collection kit or your specimen out of the clinic.