

Self Collecting an Anal Swab in 5 Steps

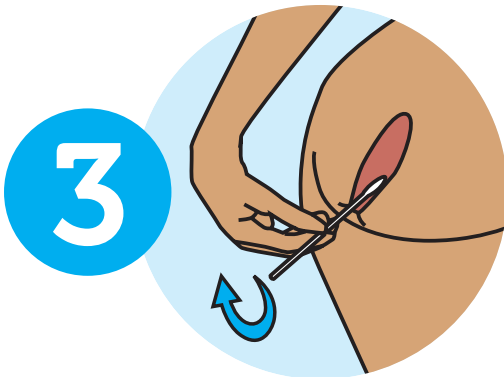


You will receive swab stick and container. There is liquid in the container and it is important **not** to spill this.

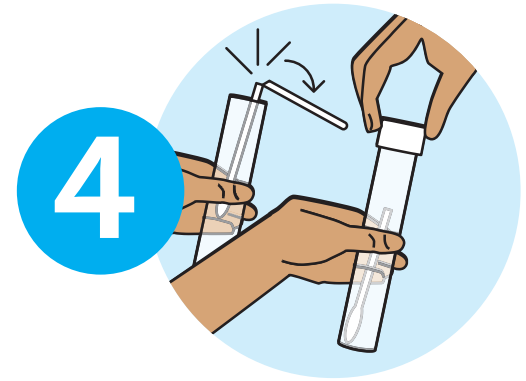
Proceed to the toilet and wash hands with soap.



Close toilet lid.
Drop pants/underwear to ankles and place knee on toilet lid.
{If right handed then place right Knee on toilet lid and insert swab stick. If left handed then place left knee on toilet lid and insert swab stick.}



Insert swab stick gently into your anus/rectum. Insert about 3cm or half a thumb length. Twirl the swab stick while pushing upwards.



Withdraw the stick and insert into the container and snap off, then replace the lid on the container.



Wash hands with soap.
Place the material into the dish and bring back to the assistant.