

rectal swab | instruction sheet

Visit <https://vimeo.com/234695553/b9acf958d7> for video instructions

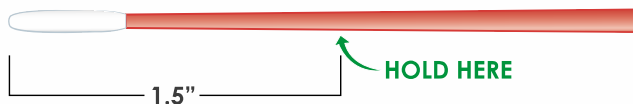
1. Wash your hands and dry with a clean towel.

2. Unscrew the top of the tube, DO NOT empty the liquid from the tube.
Place the opened tube on a flat surface so liquid will not spill out.



3. Open the swab without touching the tip.

4. Hold swab about 1.5 inches from tip. You may line up your swab against the measuring guide below.



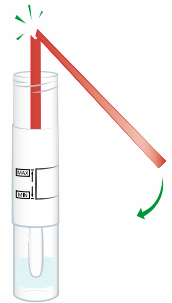
5. Open the lubricant packet, place one drop on the swab tip and lubricate your anus as needed.

6. Pull one butt cheek to the side, and insert the swab into your anus about 1.5 inches. Pushing down as if going to the bathroom, can make entry easier.

7. Gently move the swab in a circular motion, like moving a Q-tip in your ear, then remove.



8. Insert the white part of the swab in the tube, and break off the swab on the side by folding it down.



9. Tightly secure the lid of the tube, leaving the swab inside.



10. Place the tube in the plastic biohazard bag, and place the bag safely aside. DO NOT seal the biohazard bag.



11. Dispose of swab wrapper and unused portion of the swab in your home garbage.

Once you are done collecting all required specimen, place the biohazard bag and the completed lab requisition form in the bubble mailer and see the mailing instructions insert. If you have any questions, contact a CareKit team member at Carekit@emory.edu or 404.435.4513.