

Instructions for Obtaining Patient-Collected Aptima Vaginal Swab Specimens

For *in vitro* diagnostic use.

NOTE: If you have any questions about this procedure, please ask your doctor, nurse or care-provider.

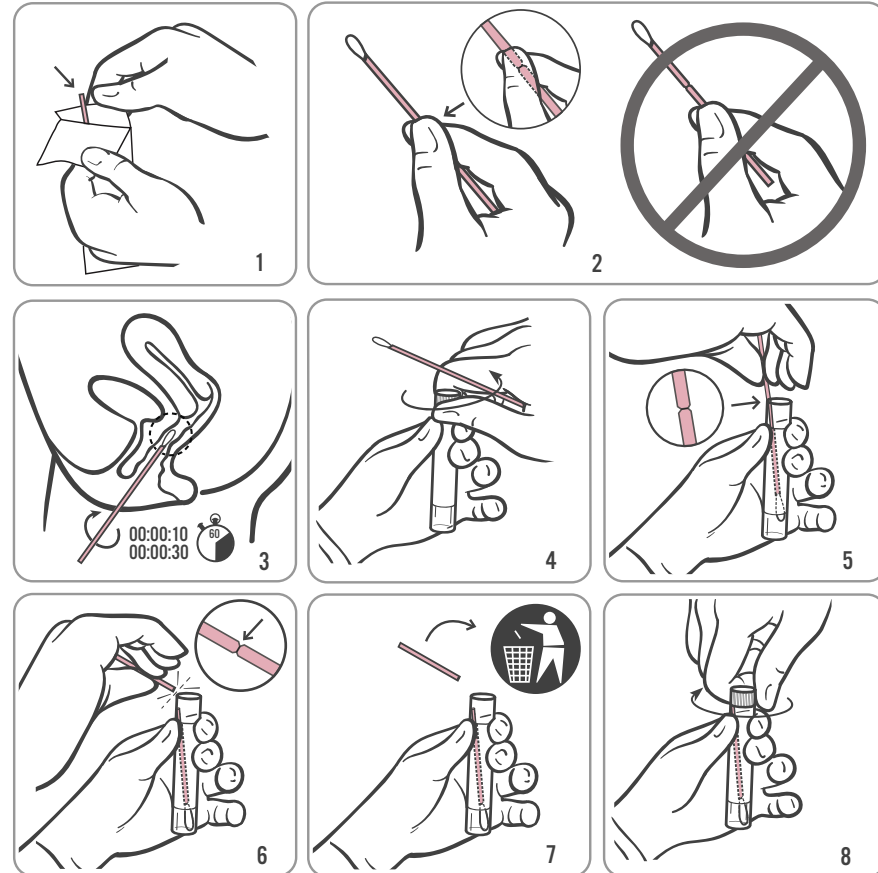
Wash your hands before starting.

In the privacy of the examination room or restroom, you will need to undress from the waist down. You will need to comfortably position yourself to maintain balance during the collection procedure.

Open kit package and set the tube aside before beginning instructions.

WARNING: 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 are splashed in your eyes, immediately flush your eyes with water. Notify your doctor, nurse or care-provider if irritation develops. If the contents of the tube are spilled, your test result may be invalidated. Do not take internally.

1. Partially peel open the swab package as shown in Diagram 1. Remove the swab. Do not touch the soft tip or lay the swab down. If the soft tip is touched, the swab is laid down, or the swab is dropped, request a new Aptima Vaginal Swab Specimen Collection Kit.
2. Hold the swab in your hand as shown in Diagram 2, placing your thumb and forefinger in the middle of the swab shaft covering the score line. Do not hold the swab shaft below the score line.
3. Carefully insert the swab into your vagina about 2 inches (5 cm) inside the opening of the vagina (as shown in Diagram 3) and gently rotate the swab for 10 to 30 seconds. Make sure the swab touches the walls of the vagina so that moisture is absorbed by the swab and then withdraw the swab without touching the skin.
4. While holding the swab in the same hand, unscrew the cap from the tube as shown in Diagram 4.
5. Immediately place the swab into the transport tube so that the score line is at the top of the tube as shown in Diagram 5.
6. Carefully break the swab shaft at the score line against the side of the tube as shown in Diagram 6.
7. Immediately discard the top portion of the swab shaft as shown in Diagram 7.
8. Tightly screw the cap onto the tube as shown in Diagram 8. Return the tube as instructed by your doctor, nurse or care-provider.



SELF-COLLECTED VAGINAL SWAB SPECIMEN PATIENT INFORMATION SHEET

- A self-collected vaginal swab is one way to test for Chlamydia trachomatis and Neisseria gonorrhoeae infection. Other options are available. If you have questions about the self-collected vaginal swab, other sample collection options, or about STDs, consult your doctor, nurse or care-provider.
- Vaginal swab self-collection is an option in healthcare facilities if you agree to perform the procedure. Counseling from your doctor, nurse and care-provider is available for the self-collection procedure.
- Carefully read the vaginal swab self-collection instructions on the reverse side. If you feel you can perform this self-collection procedure and wish to use this method of testing for STDs, inform your doctor, nurse or care-provider.

IMPORTANT INFORMATION TO CONSIDER

- IF YOU ARE PREGNANT, PLEASE INFORM YOUR DOCTOR, NURSE OR CARE-PROVIDER.
- Before you collect a vaginal swab specimen, inform your doctor, nurse or care-provider if you have:
 - recent pelvic pain
 - pain with sexual intercourse
 - unusual vaginal discharge or bad odor

These symptoms can be due to pelvic inflammatory disease (PID). Prompt diagnosis and treatment of PID can help prevent infertility and ectopic pregnancy associated with PID.

- Do not take this collection kit or your self-collected vaginal specimen home or out of the clinic.



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