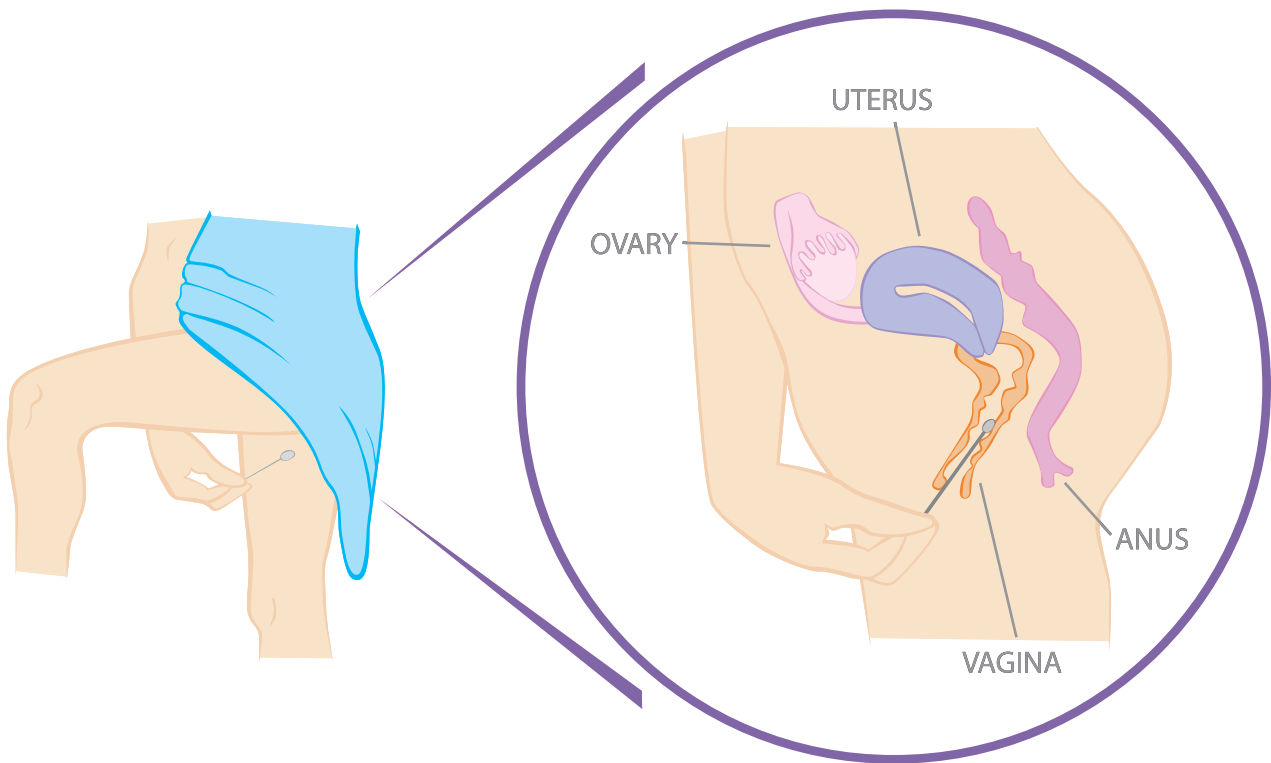



Directions for taking your own vaginal swab



1. Take the cotton-tipped swab out of its plastic case, just twist and pull to remove it.
2. Gently separate the lips of your vulva and insert the cotton-tipped swab into the vagina gently pushing the swab upwards and slightly angled towards the base of the spine. This is similar to the way that you would insert a tampon. Insert the swab to approximately half the length of a finger and rotate it gently several times. There should be no pain or discomfort.
3. Remove the swab and roll a line on the labelled glass slide as shown here. 
4. Replace the cotton-tipped swab into the original holder and then into the cardboard tube provided, close tightly.
5. Replace the slide into the small plastic slide case and click the case firmly closed then place the slide case into the plastic bag and seal.

You should now have:

- a slide case containing a glass slide, inside a plastic ziplock bag
- a cotton tipped swab back in the original case and inside the sealed cardboard tube
- the completed questionnaire, **if you have not done this online.**

Please place all 3 items in the prepaid envelope, sign the front of the envelope and place in the regular red postbox as addressed to Dr Kath Fethers, 580 Swanston St, Carlton, VIC 3053.