

Information for self-collected samples using multi-test swabs

The multi-test swab and transport tube is used to collect samples to detect various conditions and infections.

A self-collected swab is one way to test for sexually transmitted infections (STIs) or other conditions, but other provider-based collection options are available.

If you have questions about the self-collected swab, other sample collection options, consult your health care provider.

If you agree to perform a self-collection procedure, your health-care provider will explain the procedure(s) to you.

Carefully read the swab self-collection instructions before beginning sample collection. Carefully follow procedures for reliable results.

Self-collected samples can take place in the privacy of the examination room or restroom, or in your home. You will need to comfortably position yourself to maintain balance during the collection procedure.



Before you open the swab package, make sure you know which end of swab is used to **collect the sample (the puffy end)** and which end is used as the **handle (the stick-like end or shaft)**. **Do not touch the soft tip or lay the swab down on any surface.** If the soft tip is touched, the swab is laid down, or the swab is dropped, request a new Aptima Multitest Swab Specimen Collection Kit.

The swab may have a score line, a black or red mark on it. Hold the swab at the line/mark to prevent bending at the line while you collect your sample.

Warning: Do not ingest. If at any time 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 health-care provider if irritation develops.



After sample collection is complete, place the tube inside the bag and return the specimen bag with tube as instructed by the Geisinger laboratory. Options include dropping off the specimen within 24 hours at the nearest Geisinger clinic or phlebotomy site. If you received a pre-addressed mailer boxes you may drop that package into regular mail, but in this way your test results may be delayed.



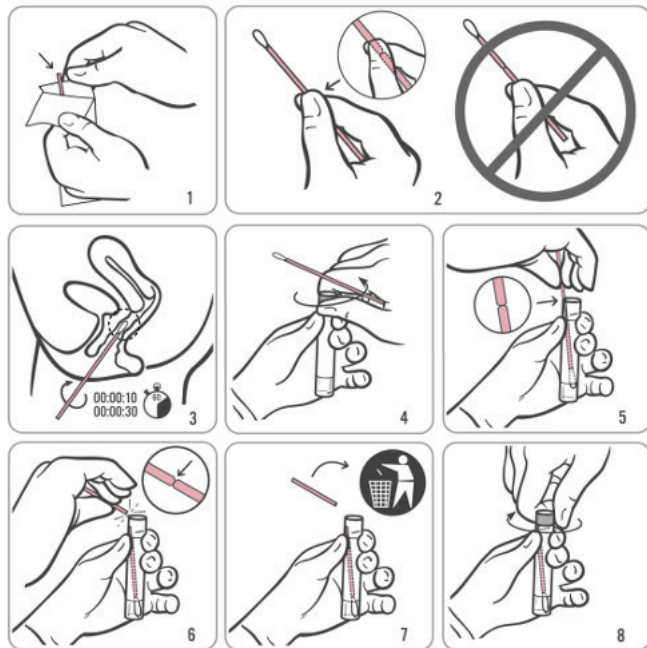
Vaginal self-collection instructions

Warnings: If you are pregnant, please inform your health-care provider to gain approval. Inform your health-care provider if you have recent pelvic pain, pain with sexual intercourse, unusual vaginal discharge, or bad odor, all symptoms that can be due to pelvic inflammatory disease (PID).

If you are not pregnant, read **information for self-collected samples using multi-test swabs** and follow the instructions for vaginal self-collection. Remove underwear. Raise one leg or crouch to gain access to the vagina. **Make sure you are well-balanced** or sitting at the edge of a toilet or chair. Lean toward your non-dominant hand and collect the sample by using your dominant hand.

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 Multitest 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 (black line). Do not hold the swab shaft below the score line (black line).
3. Use your free hand to move skin folds (labia) at the entrance of your vagina. Similar to inserting a tampon, you should not feel pain. Gently insert the swab into your vagina about 2 inches (5 cm) inside the opening of the vagina (as shown in Diagram 3). Insert the swab to the line/mark or until your fingers are touching the vaginal opening. Gently rotate the swab for about 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. Gently remove the swab from your vagina.
4. While holding the swab in the same hand, unscrew the cap from the tube as shown in Diagram 4. (Do not spill the contents of the tube. If the contents of the tube are spilled, request a new Aptima Multitest Swab Specimen Collection Kit.)
5. Immediately place the swab into the transport tube so that the score line (black line) is at the top of the tube as shown in Diagram 5.
6. Carefully break the swab shaft at the score line (black line) against the side of the tube.
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.
9. Place your identification label on the sample. Place the tube into the biohazard bag. Wash your hands with soap and water.
10. Return the specimen bag with tube as instructed by the Geisinger laboratory.

Vaginal Swab Specimen Collection

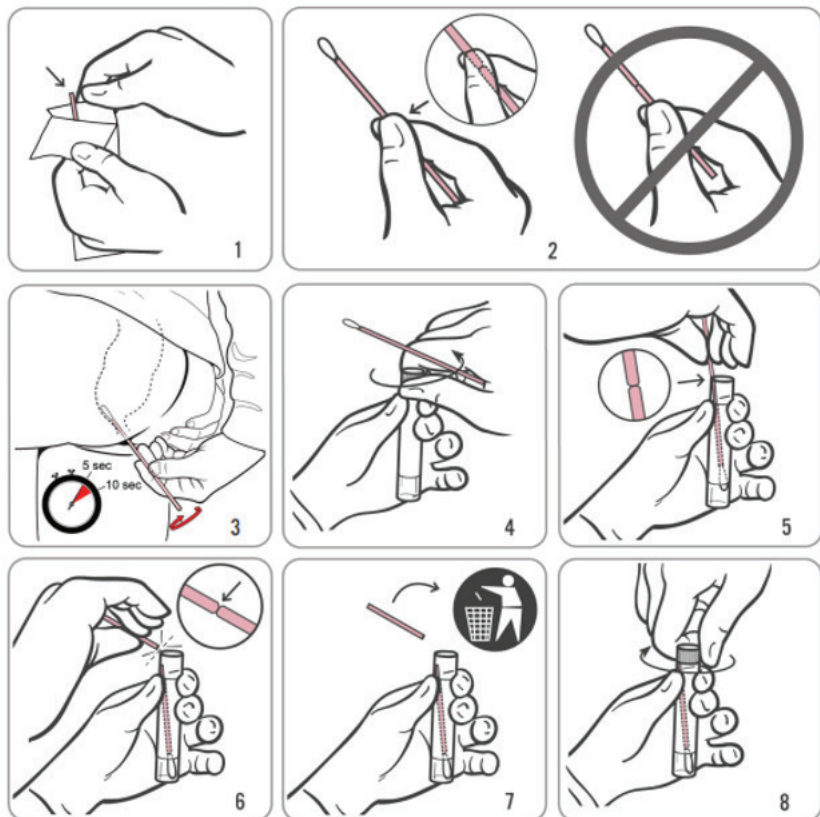


Rectal sample self-collection instructions

Read **information for self-collected samples using multi-test swabs** and follow the instructions for rectal self-collection. Remove underwear. Raise one leg or lean over to gain access to the rectum. **Make sure you are well-balanced** or sitting at the edge of a toilet or chair. Lean toward your non-dominant hand and collect the sample by using your dominant hand.

1. Partially peel open the swab package as shown in Diagram 1.
2. Remove the swab. Hold the swab 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. (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 Multitest Swab Specimen Collection Kit.)
3. Use one hand to help spread some space to access rectum. Carefully insert the swab into your rectum about 1-2 inches (3-5 cm) past the anal margin (the outside of the anus) and gently rotate the swab for 5 to 10 seconds.

Rectal Swab Specimen Collection



4. Withdraw the swab without touching your skin. While holding the swab in the same hand, unscrew the cap from the tube. (Do not spill the contents of the tube. If the contents of the tube are spilled, use a new Aptima Multitest Swab Specimen Collection Kit.)
5. Immediately place the swab into the transport tube so that the score line is at the top of the tube.
6. Carefully break the swab shaft at the score line against the side of the tube.
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.
9. Place your identification label on the sample. Place the tube into the biohazard bag. Wash your hands with soap and water.
10. Return the specimen bag with tube as instructed by the Geisinger laboratory.

Throat sample self-collection instructions

Read information for self-collected samples using multi-test swabs and follow the instructions for throat self-collection. Having a mirror handy may help but is not required.

1. Partially peel open the swab package as shown in Diagram 1.
2. 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 Multitest Swab Specimen Collection Kit. Hold the swab 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. Open your mouth wide and lower your tongue as low as you can. Carefully insert the swab into the back of your throat as shown in Diagram 3. Stop your gag reflex the best you can and firmly rub the swab from one side of the throat to the other. Rub the tonsils if they are present. Withdraw the swab without touching the inside of your cheeks or tongue.
4. While holding the swab in the same hand, unscrew the cap from the tube as shown in Diagram 4. (Do not spill the contents of the tube. If the contents of the tube are spilled, use a new Aptima Multitest Swab Specimen Collection Kit.)
5. Immediately place the swab into the transport tube so that the score line is at the top of the tube.
6. Carefully break the swab shaft at the score line against the side of the tube.
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.
9. Place your identification label on the sample. Place the tube into the biohazard bag. Wash your hands with soap and water.
10. Return the specimen bag with tube as instructed by the Geisinger laboratory.

Throat Swab Specimen Collection

