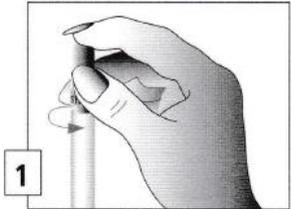
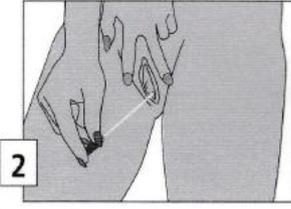
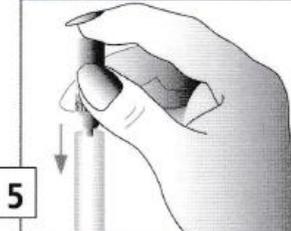


# Lower Vaginal Swab

<p>1. Thoroughly wash your hands with soap and water. Rinse and dry.</p>	
<p>2. Remove the swab from its tube. Avoid touching the tip of the swab or laying it down.</p>	
<p>3. Gently spread the skin outside the vagina. Insert the tip of the swab into the vaginal opening (figure 2). Point the tip toward your lower back and relax your muscles.</p>	
<p>4. Gently slide the swab half a finger length into the vagina (figure 3).</p>	
<p>5. Rotate the swab for 10-15 seconds around the inside of your vagina (figure 4).</p>	
<p>6. Withdraw the swab without touching the end. Place the swab in the tube and cap securely (figure 5).</p>	
<p>7. After collection, wash hands with soap and water, rinse and dry.</p>	

