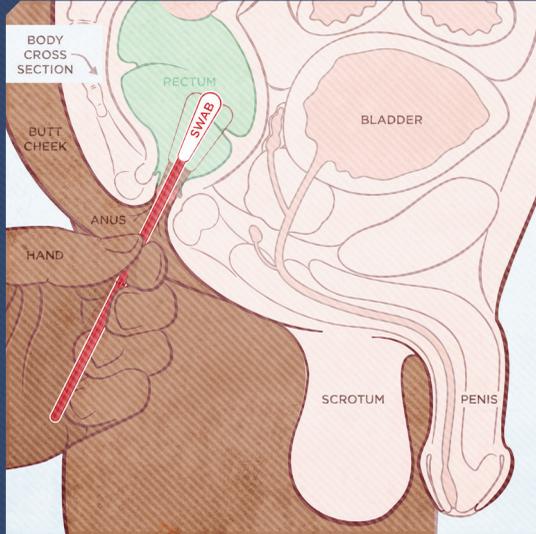


# TEST YOURSELF

The Visual Guide for a  
**Self-collected Rectal Swab**



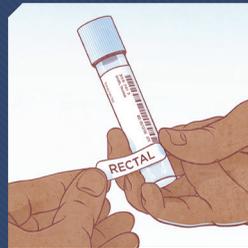
1 Wash your hands with soap and water.



2 Remove the transport tube and collection swab from packaging.



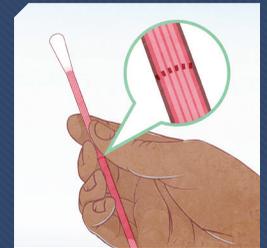
3 Label the transport tube with your **Patient label**.



4 Label the transport tube with the **Rectal label**.



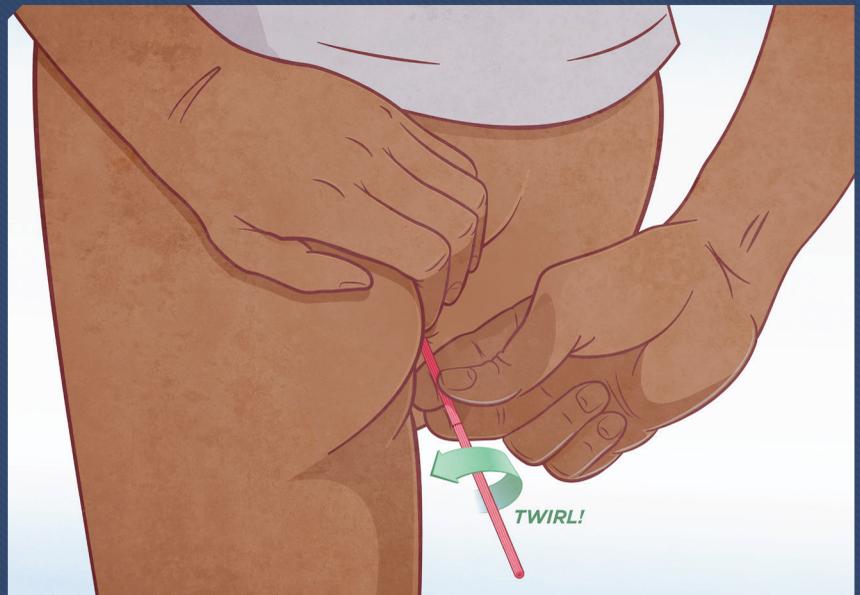
5 Open the package containing the collection swab.



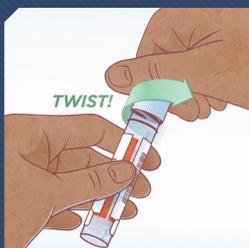
6 Firmly hold the collection swab above the dashed line (closer to the swab tip).



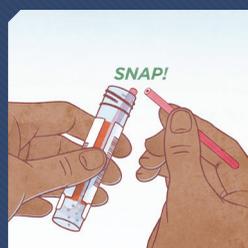
7 Get into a comfortable position that allows you access to your anus. Putting your foot on the step stool may help.



8 Gently insert the swab 1 inch into the rectum and twirl the swab in a circle at least 5 times.



9 Unscrew the cap from the transport tube.



10 Place the collection swab into the transport tube, snapping it at dashed line.



11 Put the cap back on the transport tube and twist it closed to prevent leaks.



12 Put the transport tube into the biohazard bag.



13 Wash your hands with soap and water.