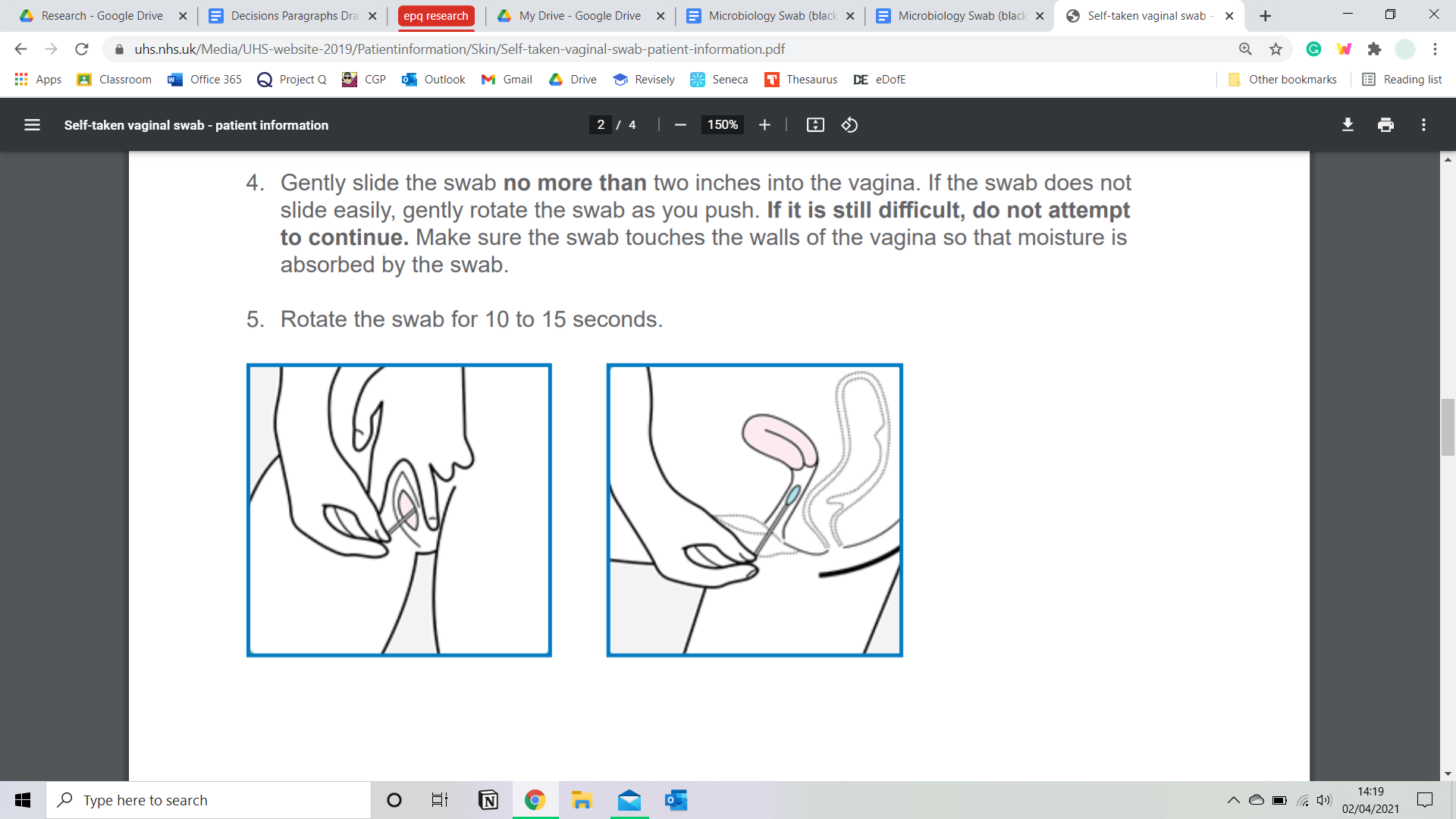


**Microbiology Swab (black swab) for low vaginal sample**

1. Remove the plastic tube with the white top from the packaging
2. At the bottom of the white lid, you will see a breakpoint
3. Hold the tube and pull off the white lid
4. Place the tube to one side
5. Remove the swab from the clear packaging and hold the black lid
6. Be careful to ensure the swab remains clean and sterile
7. Take the sample using the end of the swab that holds the cotton wool
8. Stand or lie in a comfortable position (as you would when inserting a tampon, for example). Hold the swab with the black cap with one hand so the swab tip is pointing towards you
9. With your other hand, gently spread the skin outside the vagina. Insert the tip of the swab into the vaginal opening. Point the tip toward your lower back and relax your muscles
10. Gently slide the swab **no more than** 2 inches into the vagina. If the swab does not slide easily, gently rotate the swab as you push. **If it is still difficult, do not attempt to continue**. Make sure the swab touches the walls of the vagina so that moisture is absorbed by the swab
11. Rotate the swab for 10 to 15 seconds



1. Once the sample has been taken, put the swab into the tube and ensure there is a good seal
2. Place the sample into the request form bag
3. Do not seal the bag
4. Please return to the surgery