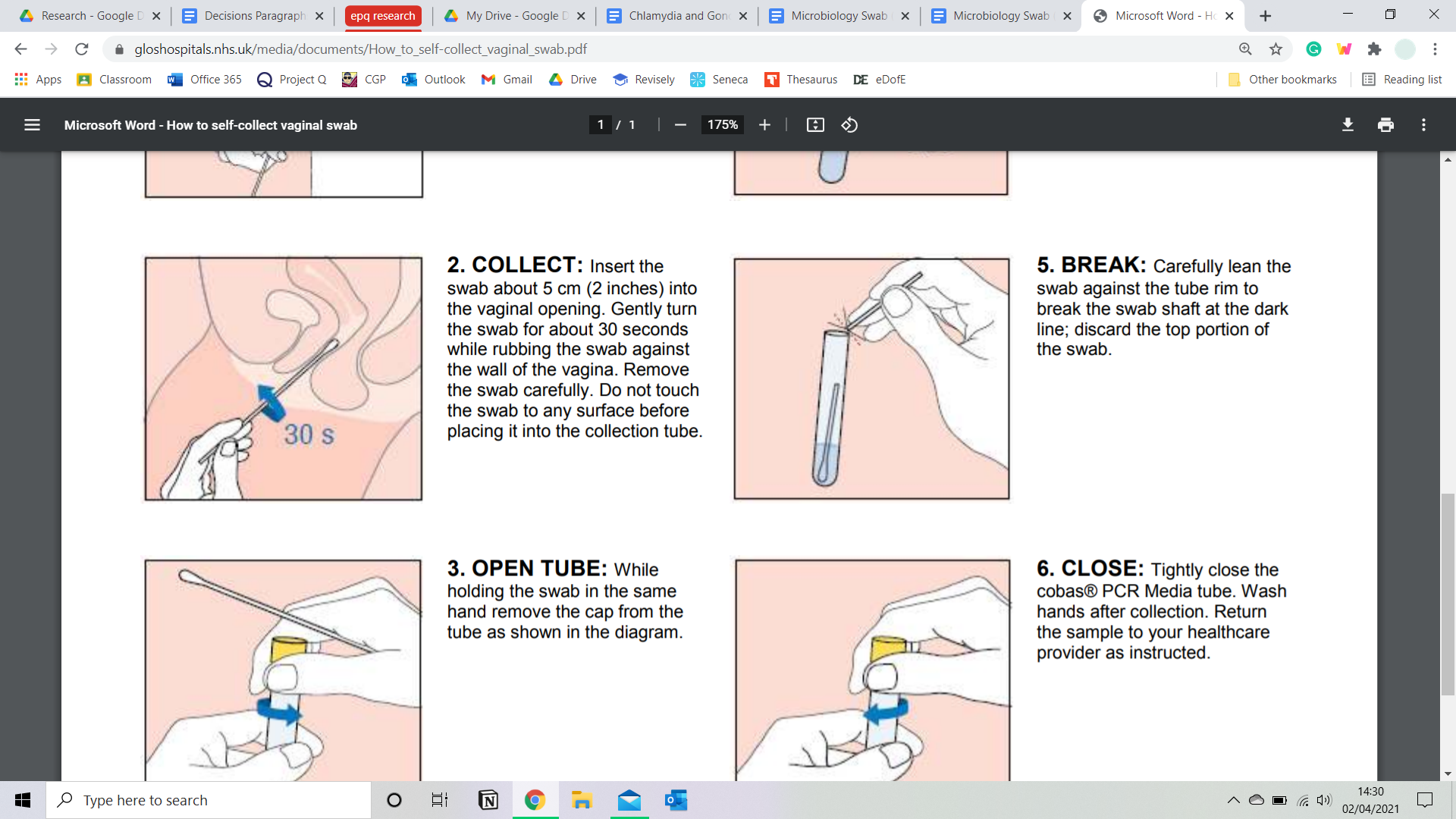
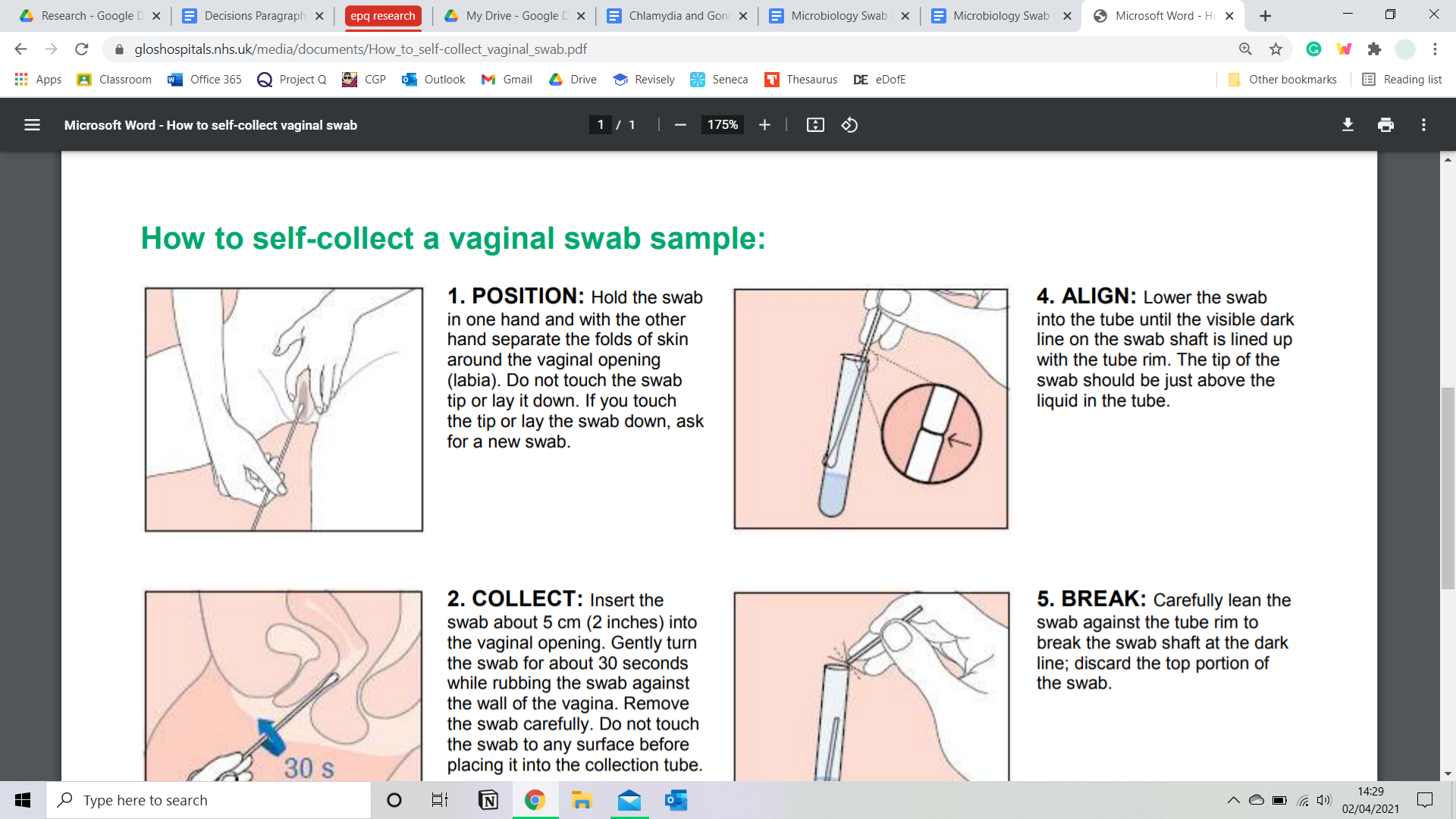
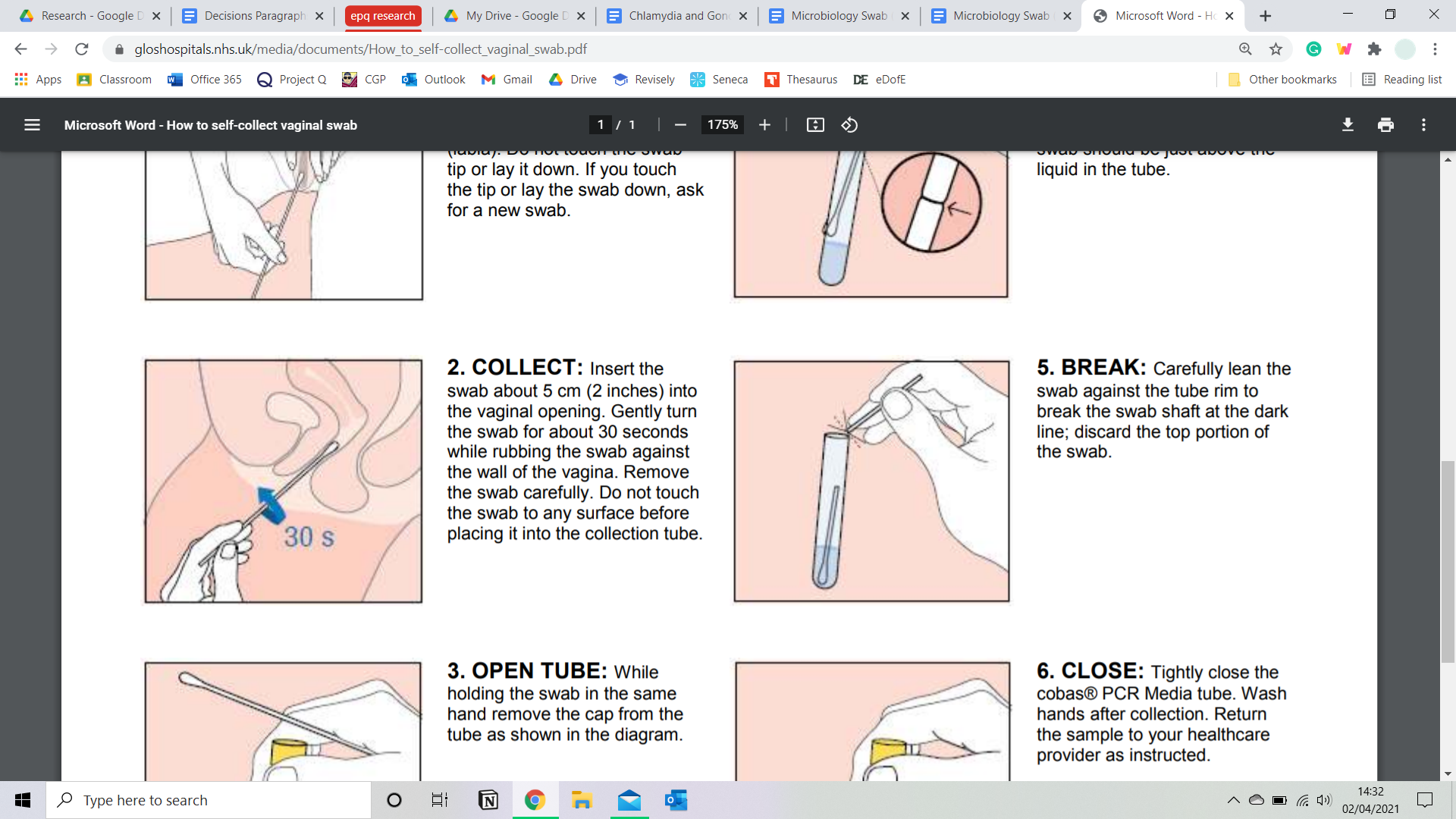
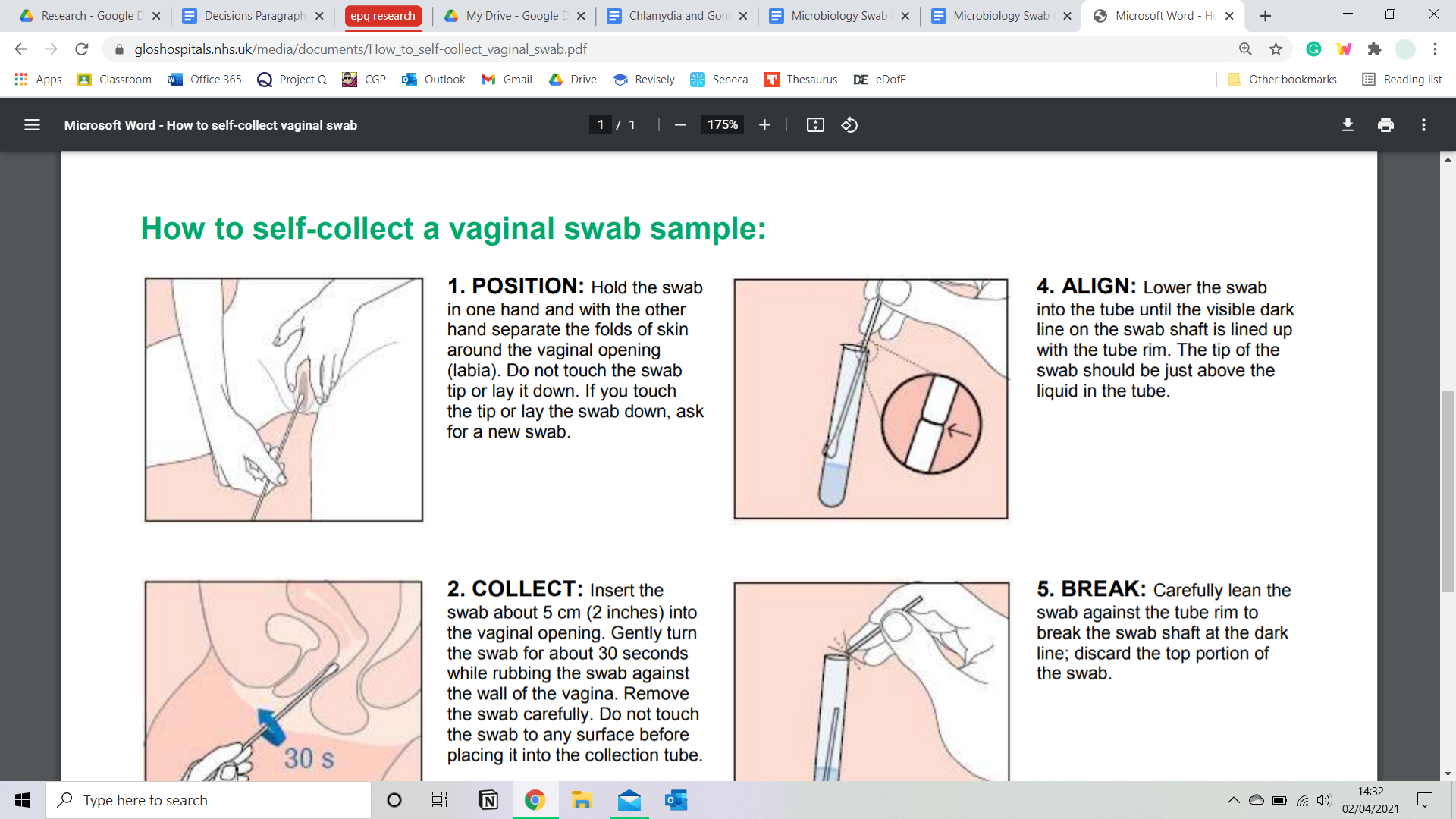


**Chlamydia and Gonorrhoea (orange sample kit for females)**

1. Remove the orange lidded sample tube from the plastic packaging
2. Unscrew the orange lid and carefully stand the tube upright
3. Remove the paper slip labelled “specimen collection swab” from the plastic packaging
4. Open the paper slip and carefully remove the swab inside, keeping it clean and sterile
5. 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
6. 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
7. 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
8. Rotate the swab for 30 seconds



1. Remove the swab from your vagina
2. Place the swab into the tube
3. Halfway down the swab there is a breakpoint, snap the swab off at this point



1. Screw the orange lid back on and ensure the seal is secure
2. Place the sample into the request form bag. Do not seal the bag
3. Please return to the surgery