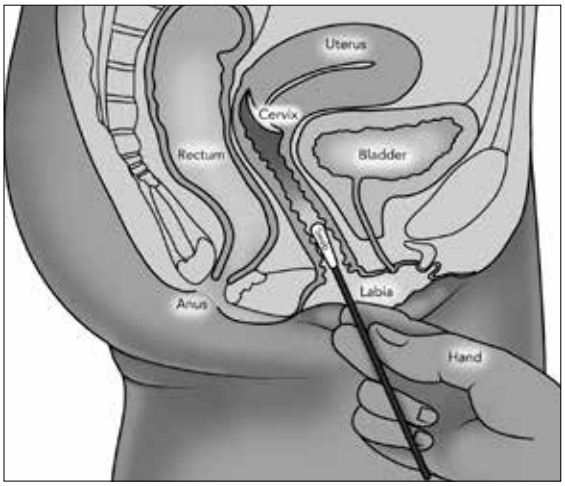
UWHealth

Self-collected vaginal swab

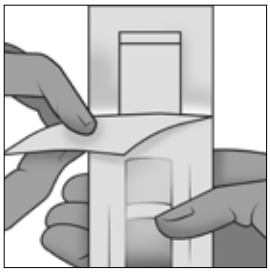
How to perform a vaginal swab for testing



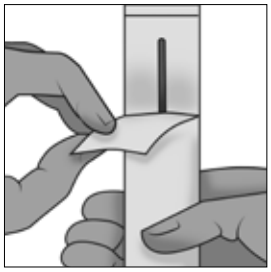
Follow the steps on this guide to perform a vaginal swab for testing. Contact your health care provider if you have any questions.



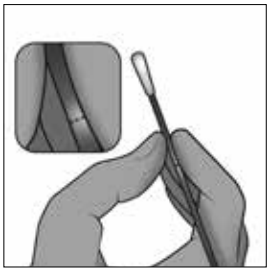
1. Wash your hands using soap and water.



2. Open the packaging and take out the tube and cotton swab.



3. Unwrap the cotton swab.

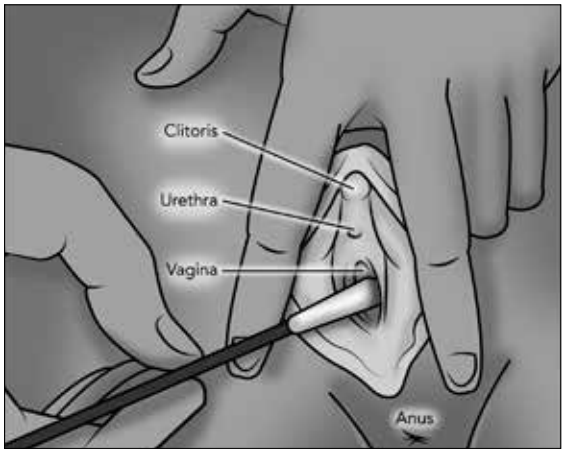


4. Hold the swab above the black line closer to the cotton tip.





5. Get into a position to reach your vagina. Sitting down or placing one foot higher than the other on a step or other surface may help you reach. If you have a tampon or period collection cup in, remove it.





6. Carefully insert the swab about 2 inches into your vagina and twirl the swab for 10–30 seconds touching the sides of your vagina. Remove the swab and do not set it down.



7. While holding the swab, unscrew the tube cap, being careful not to spill the fluid in the tube. If any fluid spills, request a new kit.



8. Insert the swab tip into the tube and break the swab stem off at the black line. Discard broken stem.



9. Screw the cap back on the tube tightly. Verify the name, date of birth and specimen source on label.



10. Place the tube inside the biohazard bag.



11. Wash your hands using soap and water.

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