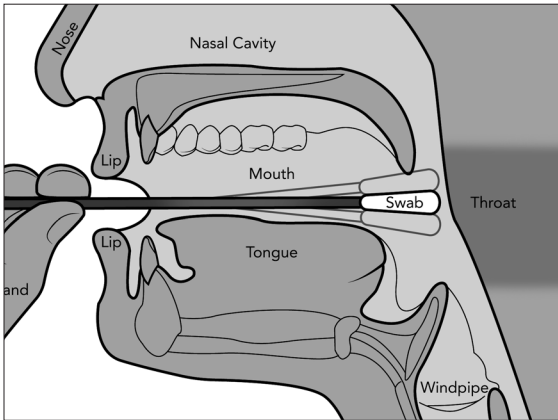
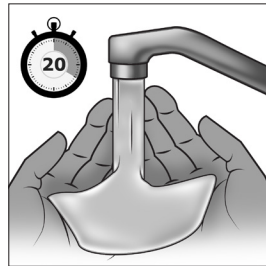


# Self-collected throat swab

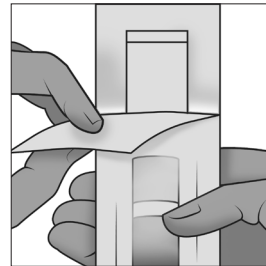
## How to perform a throat swab for STI testing



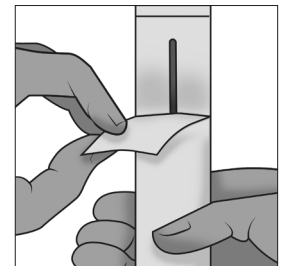
Follow the steps on this guide to perform a throat swab for STI testing. Contact your health care provider if you have any questions.



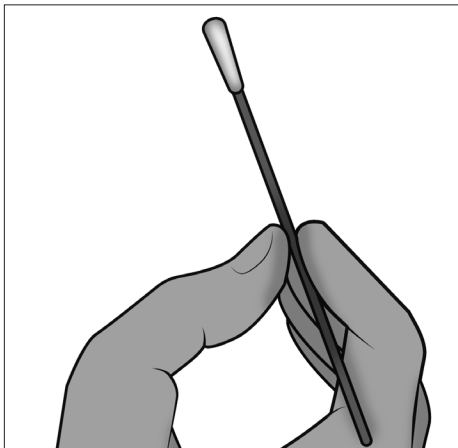
**1.** Wash your hands using soap and water.



**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.** Open your mouth wide and gently touch your throat with the cotton swab tip.



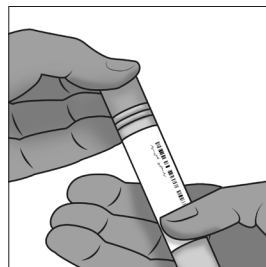
**6.** Gently move the swab tip all around your throat, up and down and side to side at least 5 times.



**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.



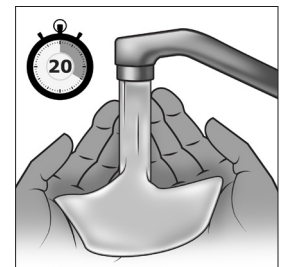
**8.** Insert the swab tip into the tube and break the swab stem off at the black line. Discard broken stem.



**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.