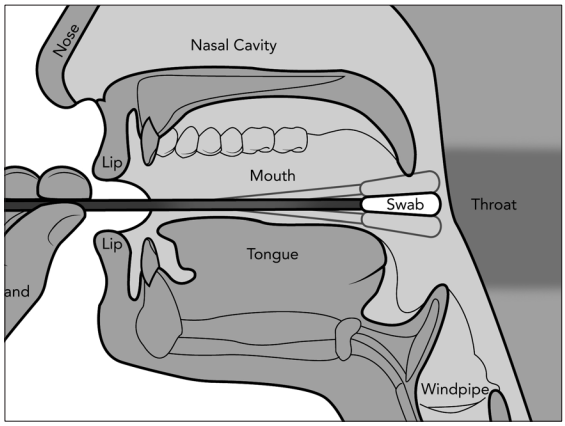
UWHealth

Self-collected throat swab

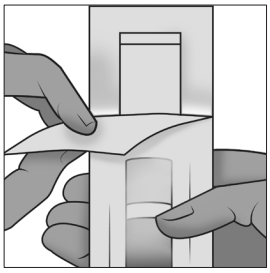
How to perform a throat swab for STI testing



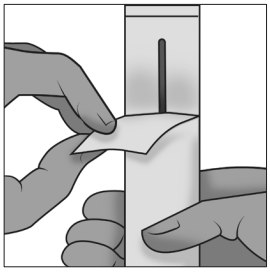
Follow the steps on this guide to perform a throat swab for STI testing. Contact your health care provider if you have any questions.



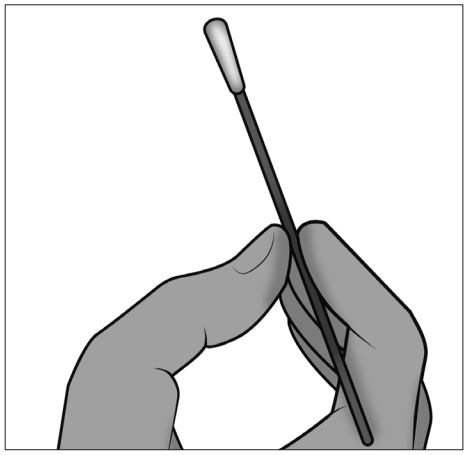
1. Wash your hands using soap and water.



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



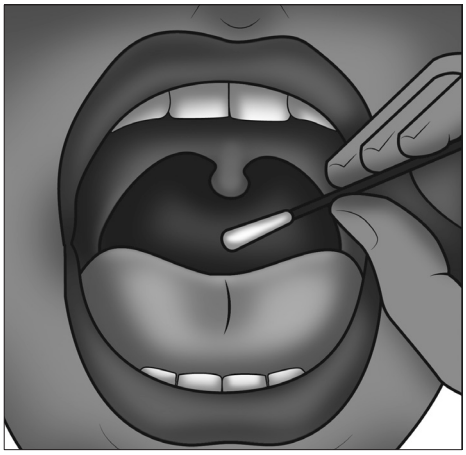
3. Unwrap the cotton swab.



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.

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