

How to collect your sample

It should only take about 5 minutes.

We are here to help.
Call us on **13HEALTH (13 43 25 84)**.

Ask for OwnScreen, open Monday to Friday, 8am to 4:30pm.

1 In your kit



A clear safety bag



A reply-paid envelope



A lab request form

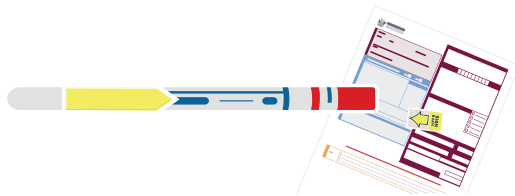


A swab in a plastic tube



You will need a pen

2 Write on tube and form

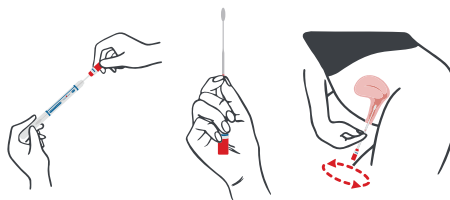


- Check your name and date of birth on the plastic tube and lab request form. Call us if anything is incorrect.
- Write the date you are taking your sample on the plastic tube.
- Sign and date the lab request form.

3 Collect your sample



- Take your test somewhere you feel comfortable.
- With the swab nearby, choose a comfortable position to collect your sample. You may prefer to lie down, sit, stand, or squat.
- You will need to lower your underwear to collect your sample.



- Twist and pull the red cap of the plastic tube to remove the swab. Place the empty tube on a clean surface.
- Hold the swab at the red line.
- Insert the swab about 5cm into your vagina. This should not be painful.
- Rotate the swab for at least 10 seconds.
- Remove the swab.
- Hold the swab by the red cap to place it back in the plastic tube. Press firmly to close it.

4 Send your sample



- Place the plastic tube into the clear safety bag and seal the bag.
- Fold the lab request form and slip it into the open pocket of the clear safety bag.

Check that you have

- ☐ Written the date on the tube
- ☐ Signed and dated the lab request form
- ☐ Closed the tube tightly



- Then, put the clear safety bag into the reply-paid envelope. Seal the reply-paid envelope.
- Post it into an Australia Post mail box, preferably within 24 hours of collection.

That's it, you're finished! Turn the page to see what happens next.