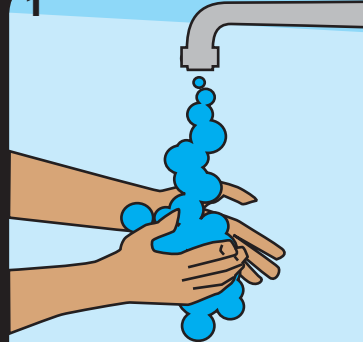
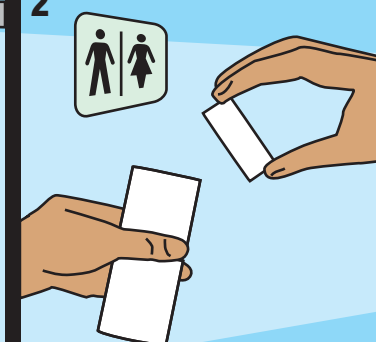
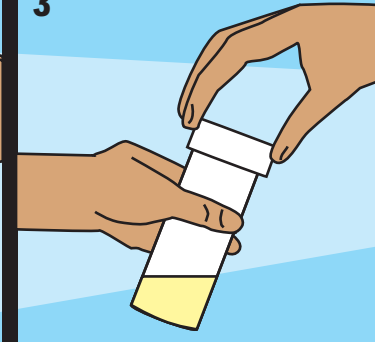
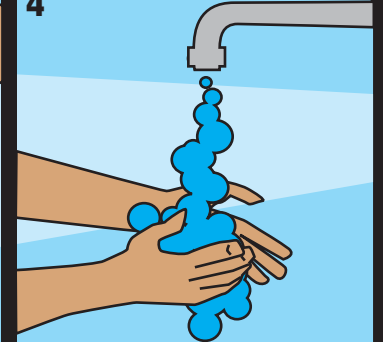
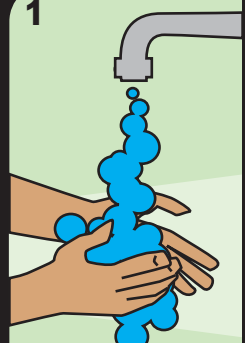

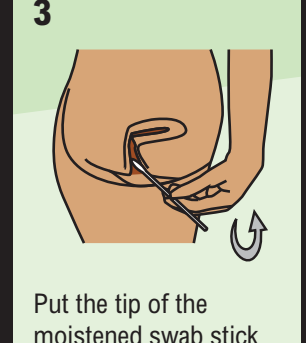
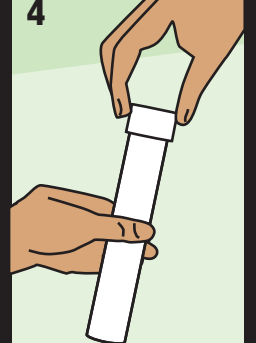
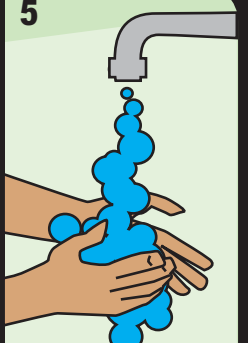


How to self-collect specimens to test for sexually transmissible infections

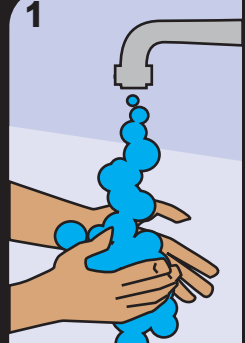
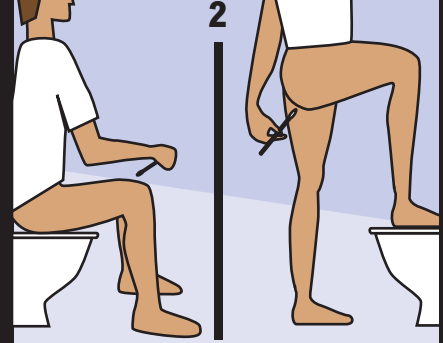
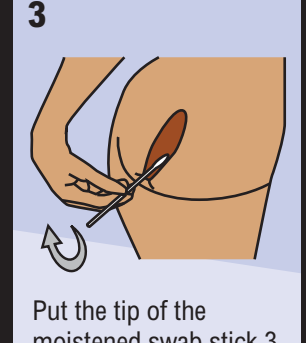
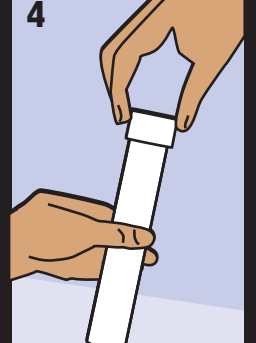
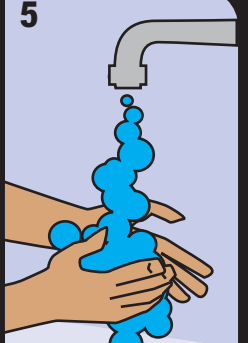
Urine Sample

<p>1</p>  <p>Wash your hands with soap and water.</p>	<p>2</p>  <p>Unscrew the lid from the specimen jar.</p>	<p>3</p>  <p>Pee the first part of the urine stream into the jar (about $\frac{1}{3}$ full). Pee the rest into the toilet. Screw the lid back on the jar. Put in the specimen bag.</p>	<p>4</p>  <p>Wash your hands with soap and water.</p>
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Vaginal Swab

<p>1</p>  <p>Wash your hands with soap and water.</p>	<p>2</p>  <p>Sit on the toilet or stand with one foot resting on the lid of the toilet. Separate the labia (lips).</p>	<p>3</p>  <p>Put the tip of the moistened swab stick about 2 cm inside the vagina. Twirl or rotate the swab once. Count to ten and remove the swab.</p>	<p>4</p>  <p>Follow instructions given by your doctor or nurse.</p>	<p>5</p>  <p>Wash your hands with soap and water.</p>
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Anal Swab

<p>1</p>  <p>Wash your hands with soap and water.</p>	<p>2</p>  <p>Sit on the toilet or stand with one foot resting on the lid of the toilet.</p>	<p>3</p>  <p>Put the tip of the moistened swab stick 3 or 4 cm inside the anus. Twirl or rotate the swab while gently pushing upwards. Count to ten and remove the swab.</p>	<p>4</p>  <p>Follow instructions given by your doctor or nurse.</p>	<p>5</p>  <p>Wash your hands with soap and water.</p>
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Information for Clinicians and Patients

Specimen collection for sexually transmissible infection tests

Patient self-collected specimens

- Self-collection of specimens by asymptomatic patients can be helpful in situations where the patient is uncomfortable with the clinician collecting the sample directly or where consultation times are limited.
- Self-collected anal and vaginal swabs are only appropriate for asymptomatic patients.

Preparing swabs for patient self-collection

1. Show the swab to the patient.
2. Label all tubes and urine jar with the patient's details to avoid handling the tube after the patient returns the specimen.
3. Moisten the tip of the swab with saline or sterile water.
4. Put all equipment in the specimen bag and hand to the patient.
5. Review the collection process with the patient and remind them to put the swab inside the tube, seal the tube and put the sealed tube inside the specimen bag.

Clinician collected specimens

- If patients have any symptoms, a physical examination and clinician collected swab samples are recommended.
- Throat swabs are difficult for patients to collect, therefore clinician collected throat swabs are recommended for symptomatic and asymptomatic patients.

