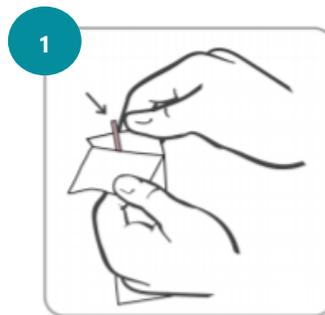# Instructions for Patient Self-Swabbing

**A self-swab is one way to test for STIs (infections you can get from sex). With a self-swab test, you use the swab to collect the sample yourself. If you choose this option, let your doctor know and follow the instructions below.**
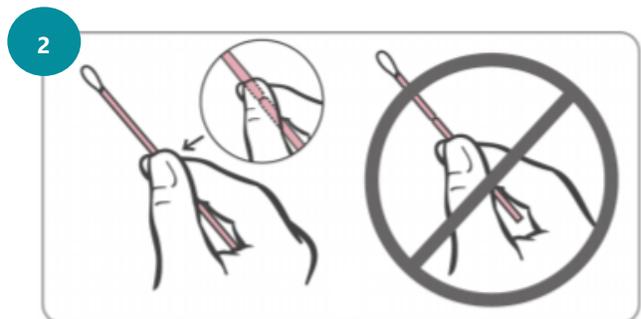
## Before you get started:

- Wash your hands thoroughly.

- In a private exam room or restroom, undress as needed.

- Find a comfortable position for yourself before you begin.
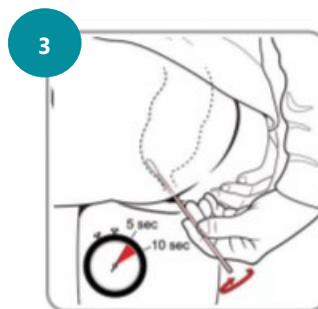
## How to do a Rectal Self-Swab for STI testing:

1. Partly peel open the swab package. Take out the swab. **Do not touch the soft tip or lay the swab down.** If you touch the soft tip, lay down, or drop the swab by accident, ask your doctor for a new self-swab kit.



2. Hold the swab in your hand. Place your thumb and forefinger in the middle of the swab, covering the black line. **Do not hold the swab below the black line.**



3. Carefully put the swab into your anus (butt) about 1-2 inches in. **Gently move the swab around for 5 to 10 seconds.** When you are done, take the swab out without touching the skin.



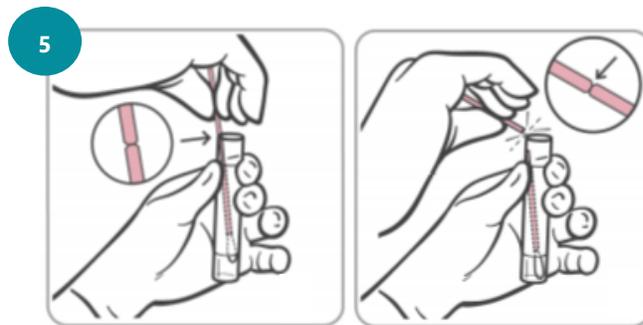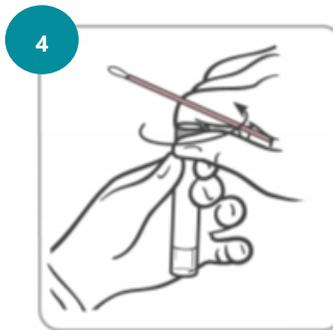*Images source:* HOLOGIC: Instructions for Using Aptima™ Swab Sheet

## How to do a Rectal Self-Swab for STI testing (continued):

4. While holding the swab in the same hand, take the cap off of the tube. **Do not spill what is in the tube.** If you do spill, ask your doctor for a new self-swab kit.



5. Put the swab into the tube so that the black line is at the top of the tube. **Carefully break the swab at the black line against the side of the tube.**



6. **Throw out the top part of the swab right away. Put the cap back on tube tightly.** Return the tube to your doctor or nurse as instructed.



*Images source:* HOLOGIC: Instructions for Using Aptima™ Swab Sheet

# Important Information:

**If you spill what is in the tube on your skin, wash the area with soap and water. If it splashes into your eyes, flush your eyes with water right away. Let your doctor know if any irritation starts.**

Community Healthcare Network

Healthcare for All. | 866.246.8259 | **www.chnnyc.org**