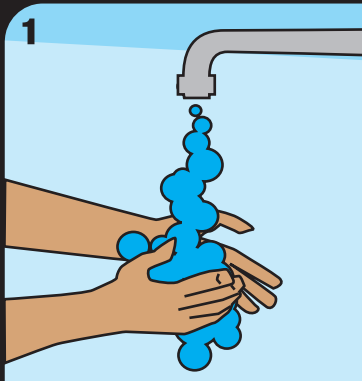
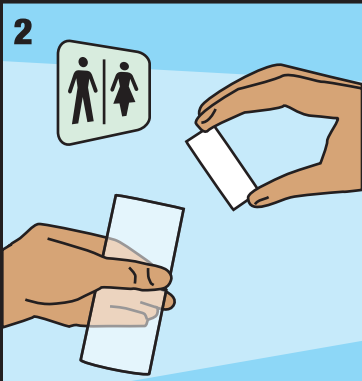
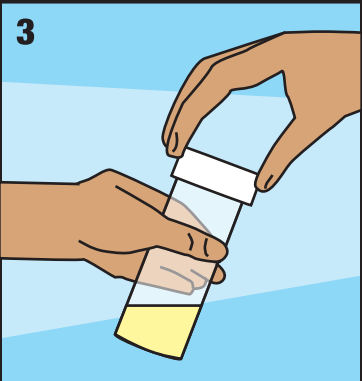


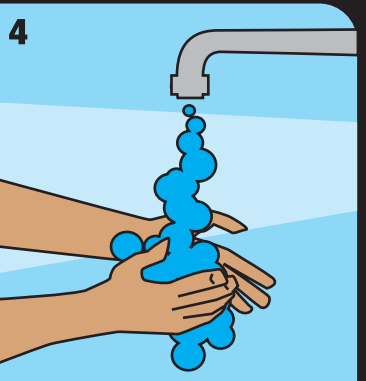
Specimens for Sexually Transmitted Infections

Urine Sample

- 

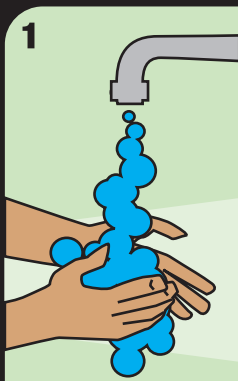
1 Wash your hands with soap.
- 


2 Unscrew the lid from the specimen jar.
- 


3 Pee the first part of the urine stream into the jar (about ½ full). Pee the rest into the toilet. Screw the lid back on the jar. Put in specimen bag.
- 

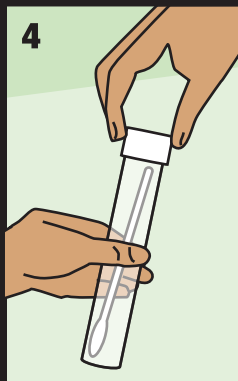
4 Wash your hands with soap.

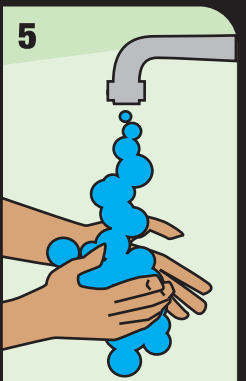
Vaginal Swab

- 

1 Wash your hands with soap.
- 

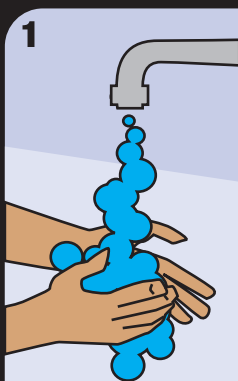
2 Sit on the toilet or stand with one foot resting on the edge of the toilet. Separate the labia (lips).
- 


3 Put the tip of the cotton swab stick about 2cm inside the vagina. Twirl or rotate the swab once. Count to ten and remove the swab.
- 

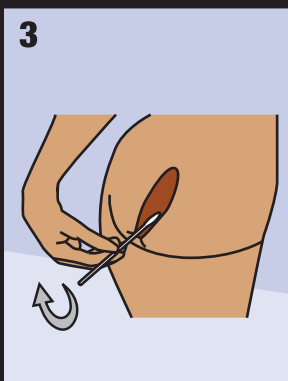
4 Follow instructions given by your doctor or nurse.
- 

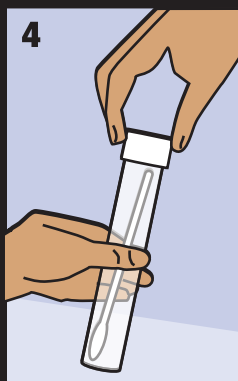
5 Wash your hands with soap.

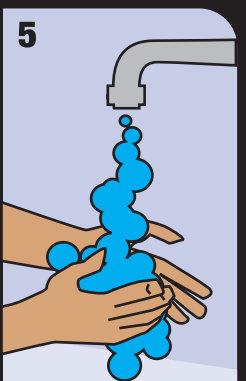
Anal Swab

- 

1 Wash your hands with soap.
- 

2 Sit on the toilet or stand with one foot resting on the edge of the toilet.
- 

3 Insert the moistened swab stick 3 or 4 cm. Twirl the swab stick while gently pushing upwards.
- 

4 Follow instructions given by your doctor or nurse.
- 

5 Wash your hands with soap.

This card is for **GPs and their patients** and it aims to assist in self collection techniques for urine, vaginal and anal samples.

Why self collection?

Current PCR technology is very sensitive and has been validated for urine, vaginal and anal specimens. Self-collection of specimens by patients is acceptable and can be helpful in situations where the patient is uncomfortable with the clinician collecting the sample directly or where consultation times are limited.

When is self-collection of swab samples appropriate?

Self-collected anal and vaginal swabs are only appropriate for **asymptomatic patients**. If patients have any symptoms a physical examination and clinician collected swab samples are recommended.

Preparing swabs for the patient.

- 1 Show the swab to the patient
- 2 Label the tubes with the patient's details to avoid having to handle 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 it 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.