Self-Collected Anal Swab Instructions

To collect the anal swab specimen yourself in a private location, you should have: a swab specimen collection kit labeled with your personal study ID number barcode, and a plastic biohazard bag.

1. Read all of the instructions before beginning.

2. Wash your hands.

3. Open the Digene Swab Specimen Collection Kit and remove the swab from its wrapper without touching the soft tip.

4. Hold the swab between your thumb and forefinger so that you have good control.

5. Place the swab between your thumb and forefinger so that you have good control.

6. With one foot on the edge of the toilet bowl, pull back your left buttock with your left hand.

7. Gently insert the swab into your anus, no more than 1 inch. Twirling the swab may improve comfort and ease the task.

8. Rotate the swab 360 degrees at least twice, then, while turning the swab, gently remove it from your anus.

9. Place the soft tip of the swab into the container. Knick off the handle of the swab at the scorched mark so that the tipped end fits into the container.

10. Close the specimen container carefully and close it tightly to prevent leaks. Put the container inside the plastic biohazard bag. Hand the bag with the labeled container inside it to the study coordinator.

11. Wash your hands again.