**Self-collected Rectal Swab Instructions**

1. Wash your hands with soap and water.
2. Remove the transport tube and collection swab from packaging.
3. Label the transport tube with your **patient label**.
4. Label the transport tube with the **rectal label**.
5. Open the package containing the collection swab, labeled with green writing. The collection swab is blue.



1. Firmly hold the collection swab above the dashed line (closer to the swab tip).
2. Get into a comfortable position that allows you access to your anus. Putting your foot on the step stool may help.
3. Gently insert the swab 1 inch into the rectum and twirl the swab in a circle at least 5 times.
4. Unscrew the cap from the transport tube.

**Important!** Do not pour out the liquid in the tube. Do not puncture the foil on the cap top.

1. Place the collection swab into the transport tube, snapping it at dashed line.
2. Put the cap back on the transport tube and twist it closed to prevent leaks.
3. Put the transport tube into the transparent bag.
4. Wash your hands with soap and water.