

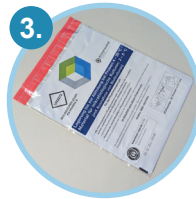
Your kit contains:



1 Swab in transport tube



1 Sample dispatch note



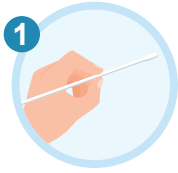
1 Specimen bag



1 Return envelope

Important:

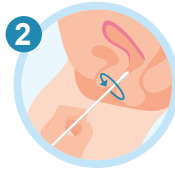
If you have blisters or small lesions on the labia or in the outer part of the vulva, this may be a sign of a herpes infection. However, a herpes outbreak can also occur on the clitoris, mons pubis or buttocks. If this is the case, take the swab, AFTER you have swabbed the inside of the vagina and gently apply the swab to the inflamed area, i.e., where there are vesicles, crusts, or sores are.



- Wash hands with soap and water. Sit with your legs apart or stand with one leg up on the toilet or the edge of the tub.
- Pull the swab out of the tube. Hold the swab in one hand and with the other separate the labia (folds of skin around the vagina opening).



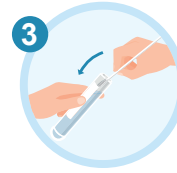
- Fill out all the information on the sample dispatch note and sign it at the bottom.
- Don't forget your email address and your date of birth!



- Insert the swab about 5cm into the vagina opening.
- Gently rotate the swab for 30 seconds to ensure adequate sampling. Make sure the swab touches the walls of the vagina.



- Place the tube into the specimen bag. Ensure the specimen bag is properly sealed.
- For shipping, place everything in the grey return envelope and send it back to our laboratory.



- Carefully remove the swab and insert it back into the open tube.
- Be careful not to touch any other surfaces with the swab.