



HIMERUS HEALTH

## How to take a Pharyngeal self taken swab- SAMPLE TUBE P

**Step 1:** Open kit and remove the orange topped tube and paper packet containing the swab. Remove the swab from the packet. **ENSURE YOU USE THE SMAPLE TUBE LABELLED P**

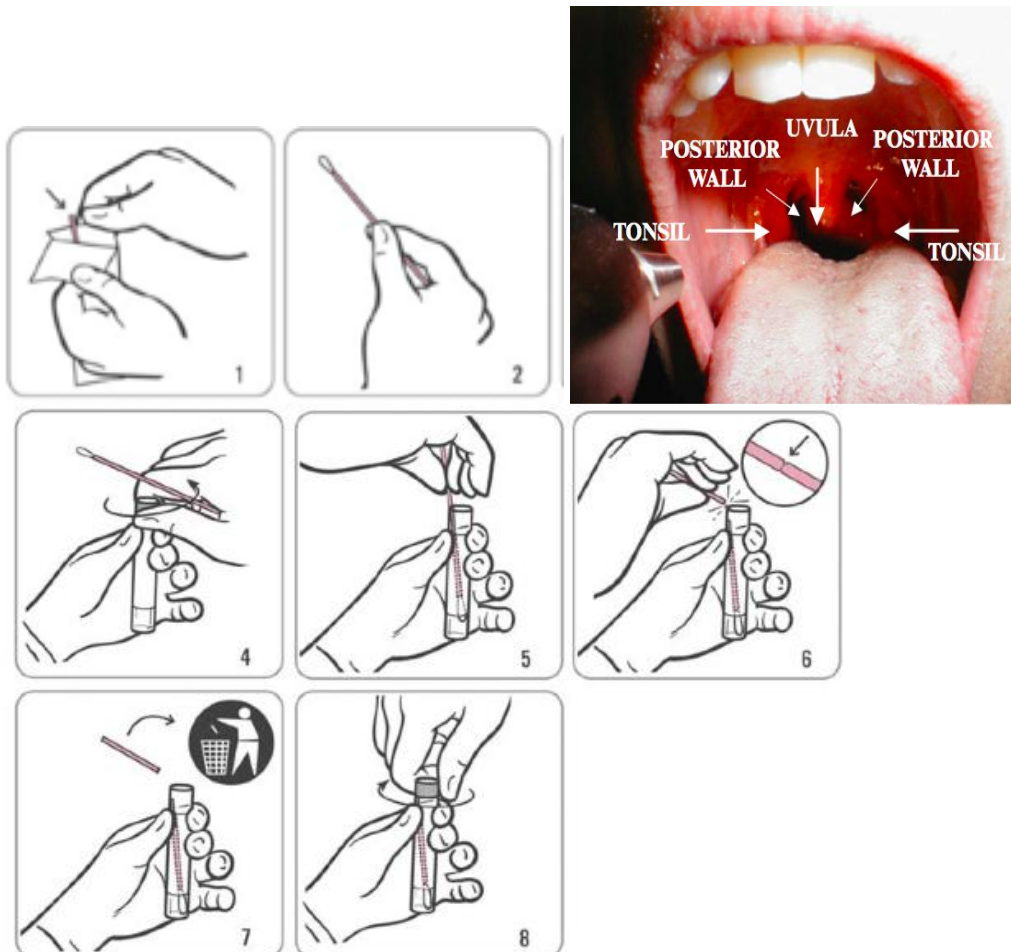
**Step 2:** Do not touch the tip of the swab.

**Step 3:** Open your mouth widely. Rub the swab around the sides at the back of the mouth. Be sure to make good contact with 5 key areas of the throat (See picture below)

**Step 4/5:** While still holding the swab, carefully unscrew the cap from the tube of liquid. Do not spill the contents of the tube. Immediately place the swab into the tube so that the soft tip of the swab is visible below the tube label.

**Step 6:** Carefully break the swab shaft at the scoreline (dented line around middle of stick), being careful not to spill the liquid in the tube (picture 6). Leave the soft end of the swab in the tube and throw away the top portion of the swab shaft (picture 7). Tightly screw the cap onto the tube (picture 8).

**Step 7:** Bring the swabs, blood labels and forms to the waiting area and wait to be called for bloods.



(Illustrations courtesy of Gen-Probe Incorporated, San Diego CA)



## How to take a Rectal self taken swab- SAMPLE TUBE R

**Step 1:** Open kit and remove the orange topped tube and paper packet containing the swab. Remove the swab from the packet. **ENSURE YOU USE THE SAMPLE TUBE LABELLED R**

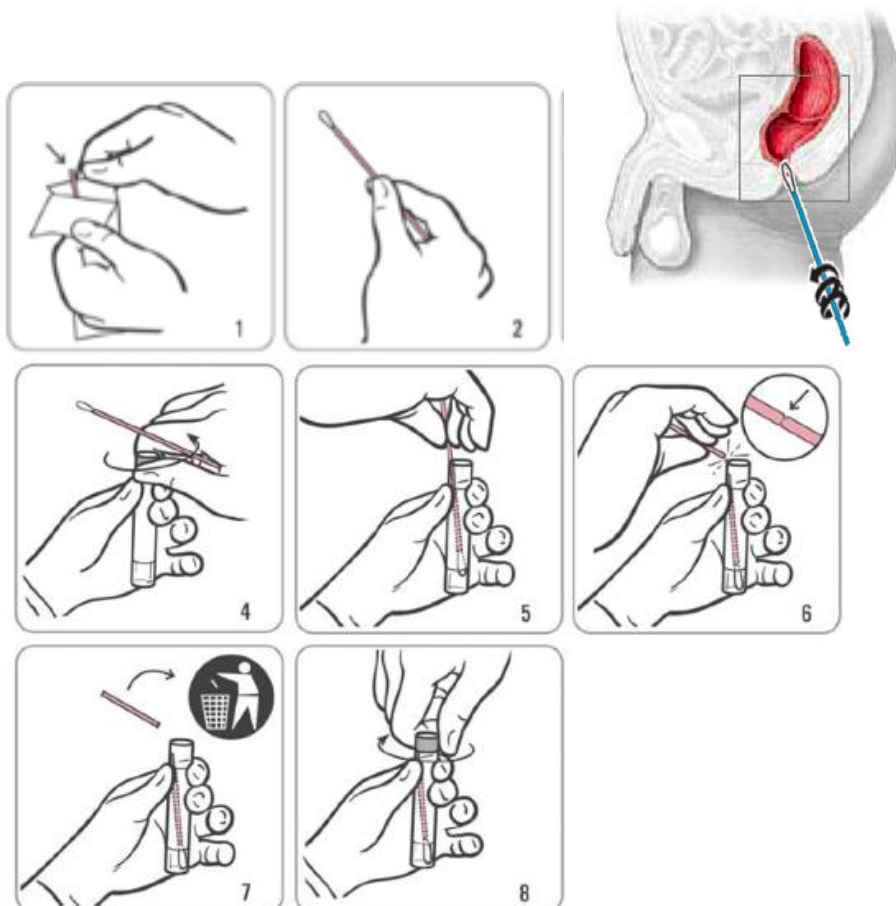
**Step 2:** Do not touch the tip of the swab.

**Step 3:** Insert the swab approximately 2.5cms into the anus and turn for 5-10 seconds. (See picture below)

**Step 4/5:** While still holding the swab, carefully unscrew the cap from the tube of liquid. Do not spill the contents of the tube. Immediately place the swab into the tube so that the soft tip of the swab is visible below the tube label.

**Step 6:** Carefully break the swab shaft at the scoreline (dented line around middle of stick), being careful not to spill the liquid in the tube (picture 6). Leave the soft end of the swab in the tube and throw away the top portion of the swab shaft (picture 7). Tightly screw the cap onto the tube (picture 8).

**Step 7:** Bring the swabs, blood labels and forms to the waiting area and wait to be called for bloods.



*(Illustrations courtesy of Gen-Probe Incorporated, San Diego CA)*