



Vaginal Self-Swab Directions

What is a vaginal self-swab?

A **vaginal self-swab** is used to test for yeast and bacterial changes of the vulva and vagina.

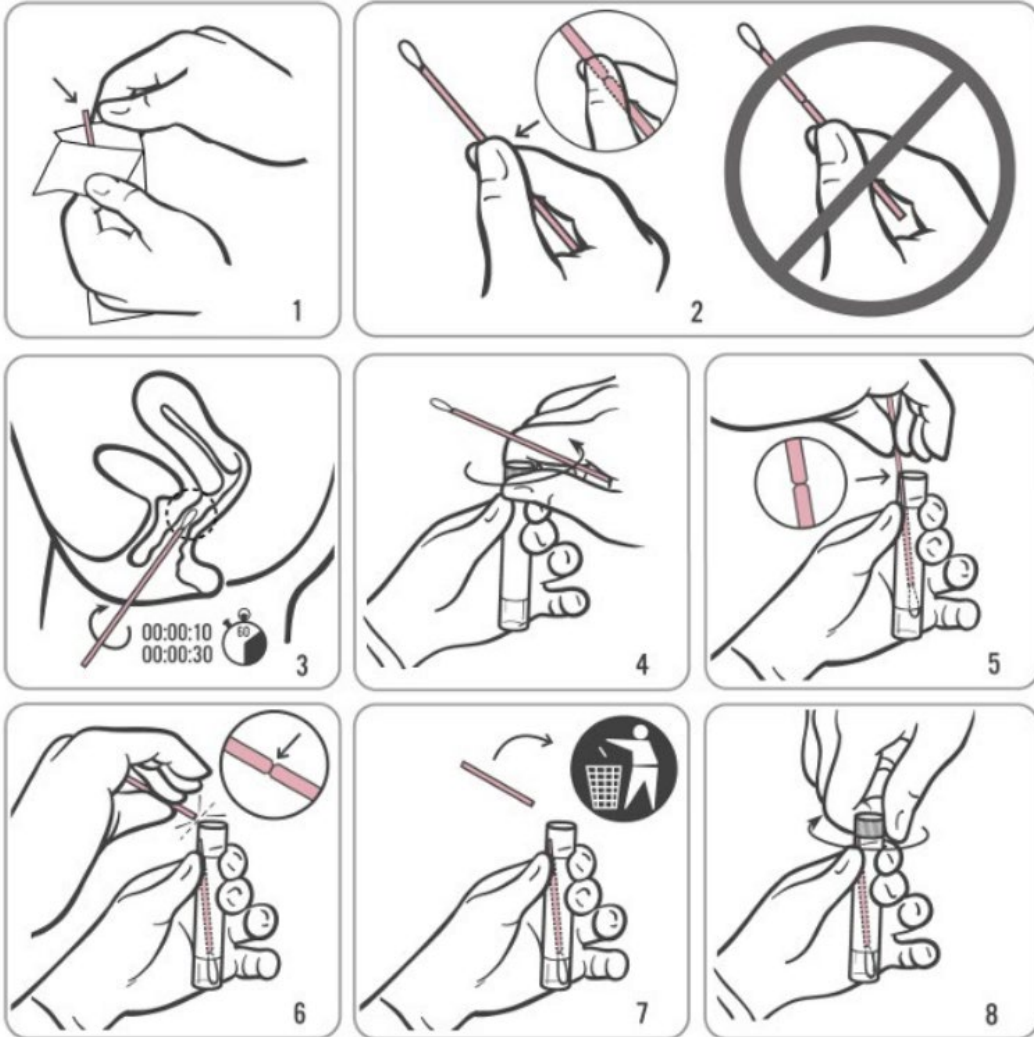
How do I know if I need a vaginal self-swab?

Call the Obstetrics and Gynecology (OBGYN) clinic and tell them about your symptoms. The nurse or provider will help you decide what tests you might need and then order those tests for you.

I have an order for a vaginal self-swab. Now what do I do?

1. Go to the lab or clinic as directed by the nurse and let the staff know you are there for a self-swab.
2. Wash your hands before you start the self-swab.
3. In the bathroom, rub the swab over your labia (the folds of skin on either side of your vagina), making sure to move the skin to get the swab into the folds.
4. Insert the swab into your vagina about 2 inches, and gently rotate the swab in a circle for 10-30 seconds (see the pictures below).
5. Remove the swab from your vagina and put the swab in the collection tube.
 - The swab stick breaks off at the red line so it can fit in the tube.
 - Make sure the swab doesn't touch any other surface before you put it in the tube.
6. Close the collection tube lid tightly, and make sure to label it with your name and birthdate (if it is not already labeled).

- Put the collection tube in the bag, and then put the bag in the specimen container in the bathroom.



How will I find out my results from the self-swab?

Your test results will be available through the online patient portal (MyUofMHealth.org) 2-3 days after you do the self-swab. Your provider will contact you if you need to get treatment based on the test results.

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