



## **PATIENT INSTRUCTIONS FOR SELF CT/GC APTIMA COLLECTIONS**

**Wash your hands before starting.**

### **Patient Instructions for Vaginal Swab Specimen Collection and Handling**

**Note:** For patient-collected vaginal swab specimen collection, ensure that patients read the Patient Collection Instructions before providing them with a collection kit. Instructions for vaginal swab specimen collection:

1. Partially peel open the swab package. Remove the swab. Do not touch the soft tip or lay the swab down. If the soft tip is touched, the swab is laid down, or the swab is dropped, use a new Aptima Multitest Swab Specimen Collection Kit.
2. Hold the swab, placing your thumb and forefinger in the middle of the swab shaft covering the score line. Do not hold the swab shaft below the score line.
3. Carefully insert the swab into the vagina about 2 inches (5 cm) past the entrance and gently rotate the swab for 10 to 30 seconds. Make sure the swab touches the walls of the vagina so that moisture is absorbed by the swab and then withdraw the swab without touching the skin.
4. While holding the swab in the same hand, unscrew the cap from the tube. Do not spill the contents of the tube. If the contents of the tube are spilled, use a new Aptima Multitest Swab Specimen Collection Kit.
5. Immediately place the swab into the transport tube so that the score line is at the top of the tube.
6. Carefully break the swab shaft at the score line against the side of the tube.
7. Immediately discard the top portion of the swab shaft.
8. Tightly screw the cap onto the tube.
9. Label the tube with full name and DOB.
10. Return Sample to Interpath Laboratory.

### **Patient Instructions for Rectal Swab Specimens Collection and Handling**

**Note:** For patient-collected rectal swab specimen collection, ensure that patients read the Patient Collection Instructions before providing them with a collection kit. Instructions for rectal swab specimen collection:

1. Partially peel open the swab package. Remove the swab. Do not touch the soft tip or lay the swab down. If the soft tip is touched, the swab is laid down, or the swab is dropped, use a new Aptima Multitest Swab Specimen Collection Kit.
2. Hold the swab, placing your thumb and forefinger in the middle of the swab shaft covering the score line. Do not hold the swab shaft below the score line.

3. Carefully insert the swab into the rectum about 1-2 inches (3-5 cm) past the anal margin and gently rotate the swab for 5 to 10 seconds. Withdraw the swab without touching the skin.
4. While holding the swab in the same hand, unscrew the cap from the tube. Do not spill the contents of the tube. If the contents of the tube are spilled, use a new Aptima Multitest Swab Specimen Collection Kit.
5. Immediately place the swab into the transport tube so that the score line is at the top of the tube.
6. Carefully break the swab shaft at the score line against the side of the tube.
7. Immediately discard the top portion of the swab shaft.
8. Tightly screw the cap onto the tube.
9. Label the tube with full name and DOB.
10. Return Sample to Interpath Laboratory.

### **Patient Instructions for Throat Swab Specimens Collection and Handling**

**Note:** For patient-collected throat swab specimen collection, ensure that patients read the Patient Collection Instructions before providing them with a collection kit. Instructions for throat swab specimen collection:

1. Partially peel open the swab package. Remove the swab. Do not touch the soft tip or lay the swab down. If the soft tip is touched, the swab is laid down, or the swab is dropped, use a new Aptima Multitest Swab Specimen Collection Kit.
2. Hold the swab, placing your thumb and forefinger in the middle of the swab shaft covering the score line. Do not hold the swab shaft below the score line.
3. Carefully insert the swab into the throat ensuring contact with bilateral tonsils (if present) and the posterior pharyngeal wall, then withdraw the swab without touching the inside of the cheeks or tongue.
4. While holding the swab in the same hand, unscrew the cap from the tube. Do not spill the contents of the tube. If the contents of the tube are spilled, use a new Aptima Multitest Swab Specimen Collection Kit.
5. Immediately place the swab into the transport tube so that the score line is at the top of the tube.
6. Carefully break the swab shaft at the score line against the side of the tube.
7. Immediately discard the top portion of the swab shaft.
8. Tightly screw the cap onto the tube.
9. Label the tube with full name and DOB.
10. Return Sample to Interpath Laboratory.

### **Specimen Transport and Storage**

Multitest swab specimens must be transported to the laboratory in the provided swab specimen transport medium and tube. If you have any questions, please call Interpath Client Services at 1(800) 700-6891.