

TEAL WAND™

Vaginal Sample Self-Collection Device for Cervical Cancer Screening

Instructions Booklet (English)



Scan to view
instructions video



This box contains



Teal Wand



Instructions



Gloves



Empty Vial
(with a label attached)



Rigid Safety Bag
(with a plastic holder inside)



Return Mailer
(with a US Postal Service mailing label attached)



Pen
(to write on the vial label)

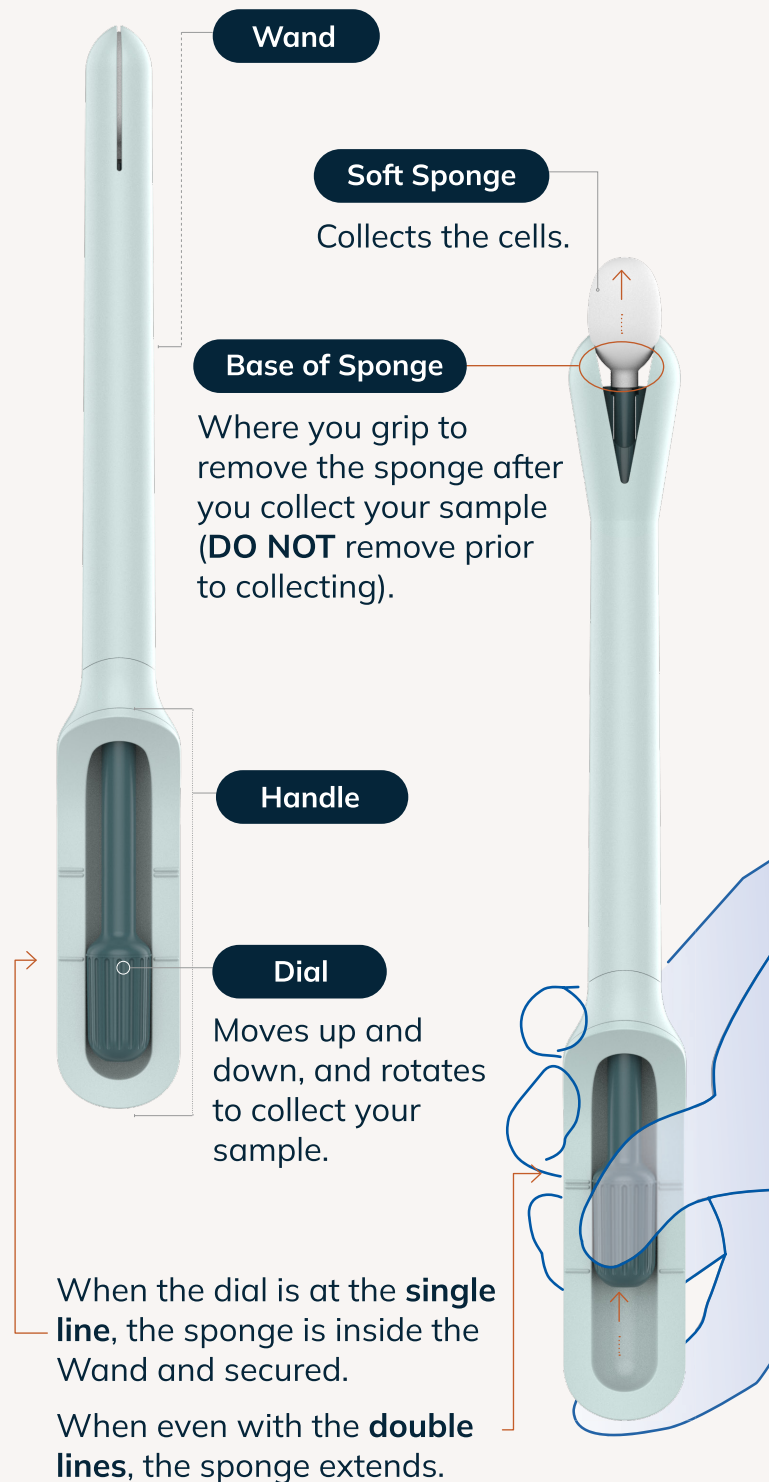
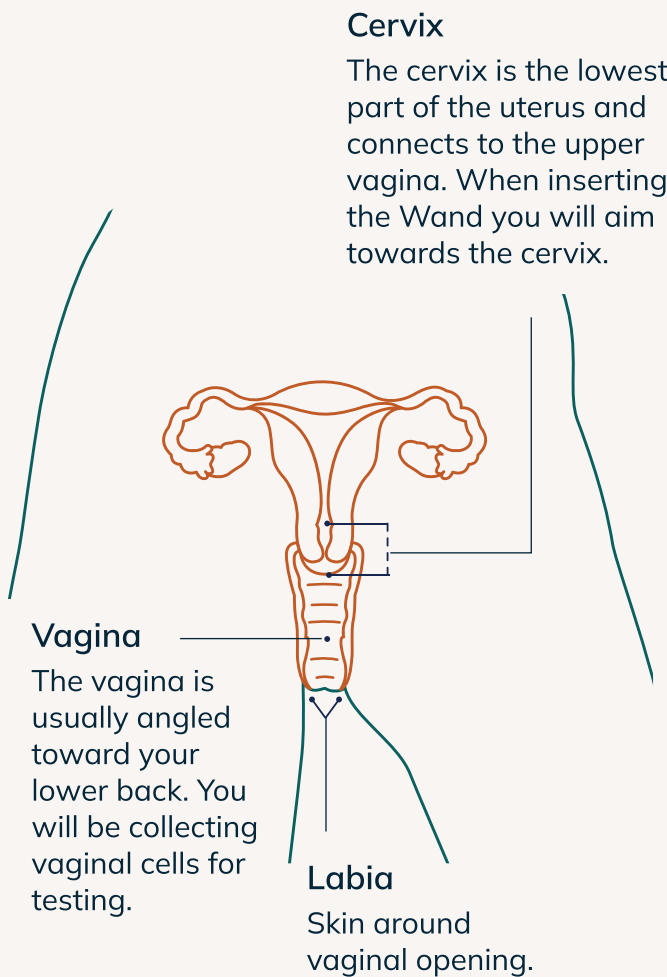
Please refer to Product Information for warnings, precautions and frequently asked questions (FAQ) for using the Teal Wand. The Teal Wand allows you to collect your own sample for HPV testing. HPV infection can cause cervical cancer. To find out if you might be at higher risk for cancer, you should test for HPV based upon medical guidelines.



Teal Wand™

Designed for your comfort

The Wand is designed to fit all bodies. For some, it may only go in a few inches. In others, it might insert more.



You Can Do This!

This process is designed to be easy and done in minutes, but take your time - *you know your body best.*

! Before you start

Read through all of the instructions and fill out the vial label. This booklet shows you how to prepare, collect, and ship your sample. Everything you need is in the box.



You will need to mail your sample with the **USPS within 24 hours of collection.**

Wait to collect your sample if you:

- Are pregnant
- Are on your period or bleeding
- Have a vaginal infection
- Have had vaginal intercourse or used vaginal products in the past 48 hours

Collect your sample once your period is done or your infection has cleared. If pregnant, consult with a provider for sampling options.

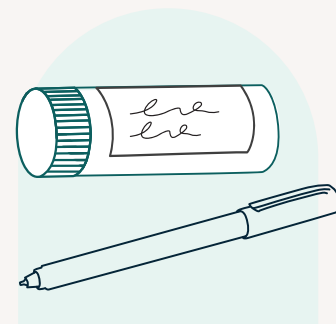
Prepare

Start your self-collection

Review the box contents and find a private place to collect the sample.

1 Prepare the vial

- Clearly write your legal name, date of birth, and the date you collect your sample onto the vial label.
- Remove the cap from the empty vial.



! The lab **cannot process samples** if the vial label is not completed.

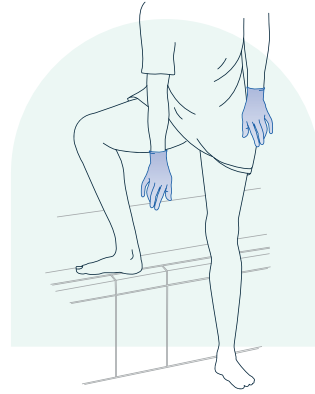
Check that you:

- Have filled out the vial label.
- Are prepared to mail the sample within 24 hours of collection.



2 Get ready to collect

- Wash and dry or sanitize your hands, and/or use the gloves in the box.
- Undress enough to reach your vagina (as if you were using a tampon).
- When ready to collect, remove the Wand from the package.
- Make yourself comfortable. Most have preferred standing with one foot propped up, slightly squatting, sitting or slightly leaning back.



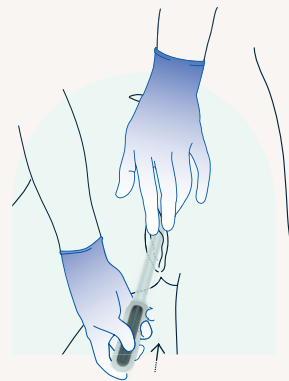
Check that you have:

- Washed and dried or sanitized your hands, or put on gloves.
- Removed the Wand from its package right before collection.

Collect

3 Insert the Wand

- Hold the Wand by the handle with the dial facing up and the sponge end aimed at your vagina.
- Spread your labia apart with your free hand.
- Insert the Wand into your vagina and guide the tip towards your lower back.

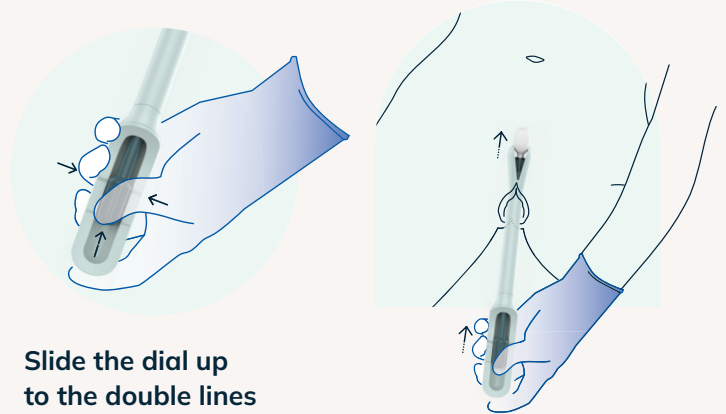


Stop when you feel gentle resistance or pressure. For most people, this should mean you have reached your cervix (on average, 2 to 4 inches). Do not force the Wand past this point.

4

Extend the sponge

- Slide the dial up to the double lines (it clicks into place).
- Try to keep the Wand steady while keeping pressure on the dial. It might move out a little - that's ok.



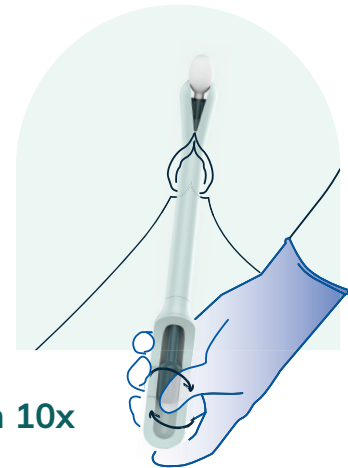
Slide the dial up to the double lines

5

Rotate the dial

Once the dial is even with the double lines on the handle, using your thumb, turn the dial in **one direction at least 10 times**.

Only spin the dial, not the entire Wand.



The sponge now has your sample on it

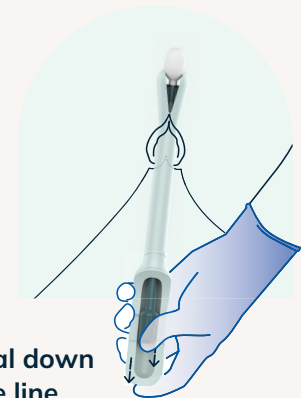
Turn 10x

6

Retract the sponge

- Leave the Wand in your vagina during this step.
- Once the turns are complete, slide the dial back down to the starting place, even with the single line.

Make sure you retract the sponge back into the Wand before pulling it out of your vagina. This keeps the cells on the sponge covered by the Wand tip.

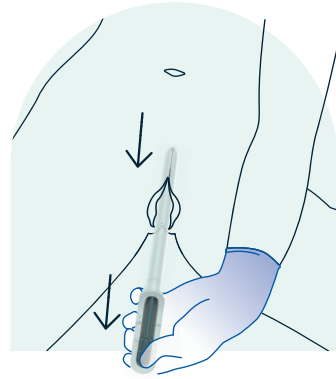


Slide the dial down to the single line

7

Remove the Wand

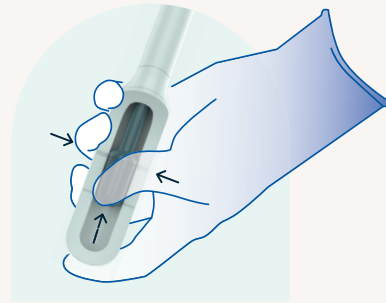
Once the sponge and dial are back in their starting places, slowly remove the Wand from your vagina.



8

Extend the sponge

Once the Wand is removed from your vagina, extend the sponge by sliding the dial up until it is even with the double lines on the handle (it clicks into place).



Check that you have:

Used the Wand to collect a sample.

Ship

9

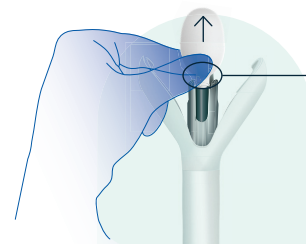
Remove the sponge

The sponge should be fully exposed before you try to remove it from the Wand. **You will touch the sponge with your fingers to remove it. That is ok.**

- Spread the tips of the Wand with your fingers.
- Pinch the sponge at its base using your fingers. Maintain a good grip as you pull the sponge off the Wand.
- **You may have to pull harder than you think to remove the sponge**, but you can do it. It comes out when you pinch it and tug away from the Wand.

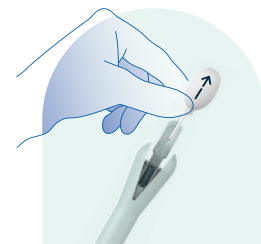


There is a clear plastic stick attached to the sponge, which will come off with it.



Base of sponge

One



Two

Check that you have:

Removed the sponge from the Wand.

10

Place the sponge in the vial

- Place the sponge into the empty vial and put the cap on. Twist the cap to close and secure the vial.
- You can now remove your gloves or wash your hands, and throw away the Wand.



Check that you have:

- Placed the sponge into the vial and closed the cap tightly.
- Filled out the vial label.
- Removed gloves or washed hands.
- Thrown away Wand.

11

Prepare your sample for mailing

All of the things you need to mail your sample to the lab are in this box.

- Place the closed vial into the blue and white Rigid Safety Bag. **Do not remove the plastic holder inside the Rigid Safety Bag.** This helps secure the vial.
- Seal the Rigid Safety Bag. Peel off the white strip on the blue band and stick firmly.



Check that you have:

- Placed the vial with your sample into the Rigid Safety Bag, sealed the bag.




12 Mail your sample to the lab within 24 hours of collection

- Place the sealed Rigid Safety Bag inside the Return Mailer package provided.
- Seal the Return Mailer and put it into USPS mail. This could be your home or USPS mailbox (if it fits) or you can bring it to the Post Office.

To seal, remove the tape that covers the sticky seal. Press the seal down firmly against the package to close and secure it.



 You will not get your results if you do not mail through **USPS**. UPS and FedEx or any other mail service will not accept this package.

 USPS  UPS  FedEx

You can mail with the following:

 Home or USPS mailbox

 Post office

Check that you have:

- Placed the sealed Rigid Safety Bag into the Return Mailer, sealed the package.
- Put the Return Mailer into the USPS mail within 24 hours of collection.



*You're done!
Great job!*

Next steps

Your sample is on the way to the laboratory to be processed and tested. Results will take about 1 week after mailing your sample.

For questions, please reach out to the Teal Health team at getteal.com.