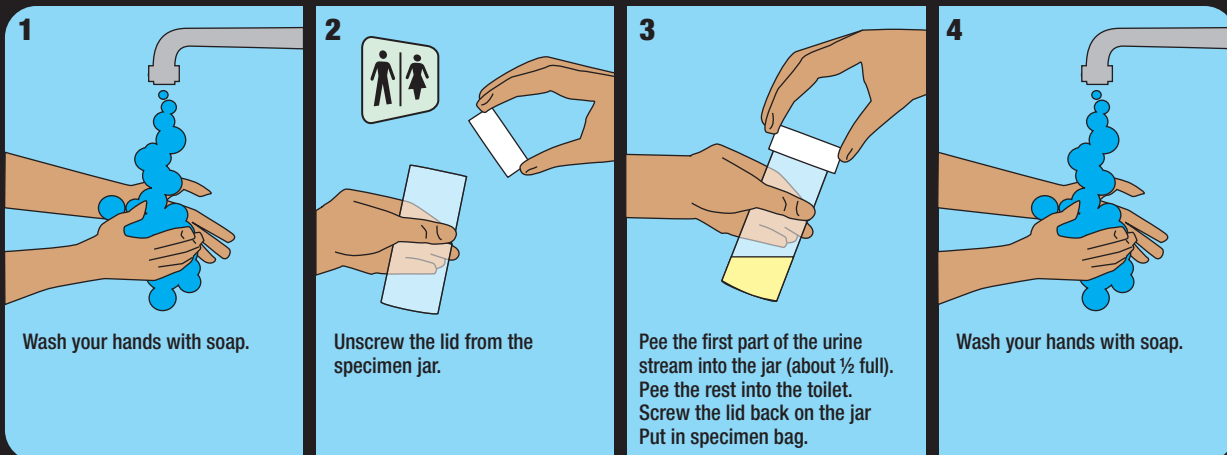
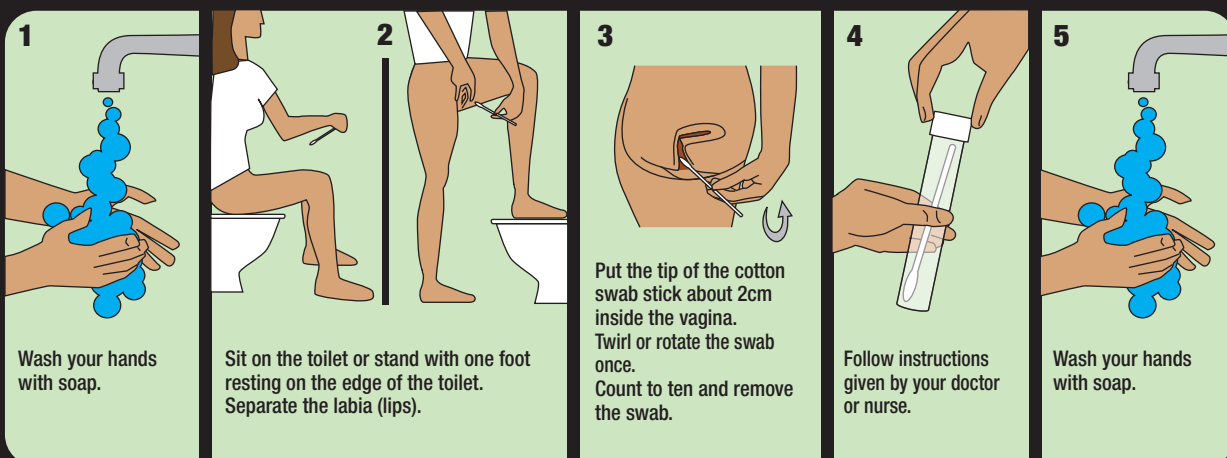


Specimens for Sexually Transmitted Infections

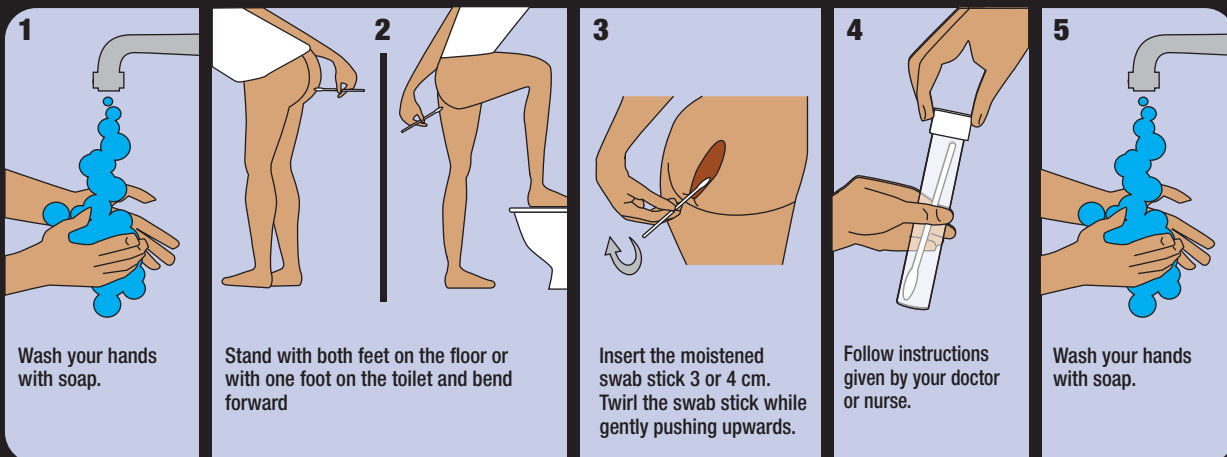
Urine Sample



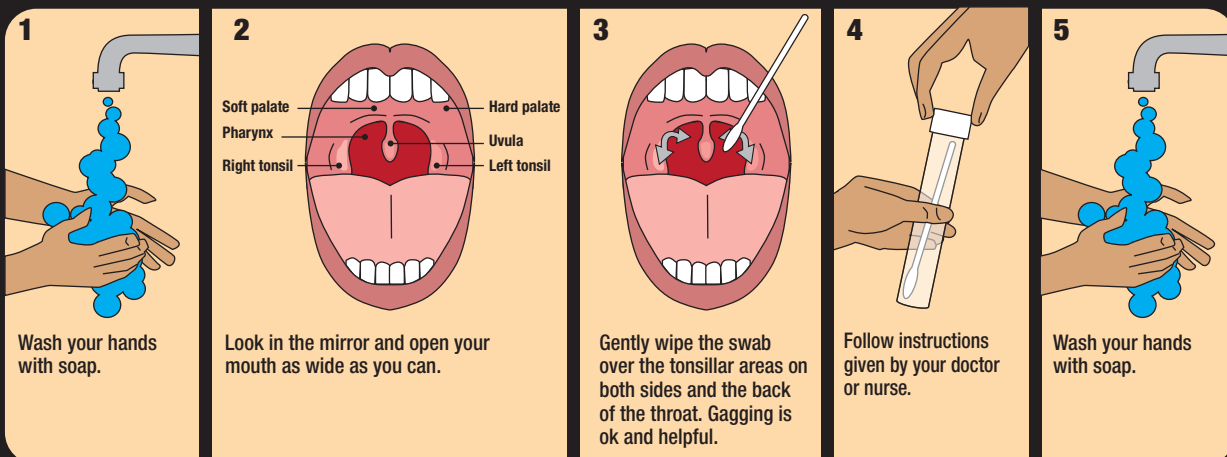
Vaginal Swab



Anal Swab



Throat Swab



This card is for **GPs and their patients** and it aims to assist in self collection techniques for urine, vaginal, anal and throat samples.

Why self collection?

Current PCR technology is very sensitive and has been validated for urine, vaginal, anal and throat specimens. Self-collection of specimens by patients is acceptable and can be helpful in situations where the patient is uncomfortable with the clinician collecting the sample directly or where consultation times are limited.

When is self-collection of swab samples appropriate?

Self-collected throat, anal and vaginal swabs are only appropriate for **asymptomatic patients**. If patients have any symptoms a physical examination and clinician collected swab samples are recommended.

Preparing swabs for the patient.

- 1 Show the swab to the patient.
- 2 Label the tube with the patient's details to avoid having to handle the tube after the patient returns the specimen.
- 3 Moisten the tip of the anal swab with saline or sterile water to aid insertion.
4. Put all equipment in the specimen bag and hand it to the patient.
5. Review the collection process with the patient and remind them to put the swab inside the tube, seal the tube and put the sealed tube inside the specimen bag.