

# Instructions for vaginal self-smear specimen collection

You may have a sexually transmitted infection (STI). Your family doctor or specialist has asked you to carry out a vaginal self-swab specimen collection for testing at the microbiological laboratory of the Rijnstate hospital. This leaflet shows you the best way to do this and where to hand in your specimen.



Rijnstate

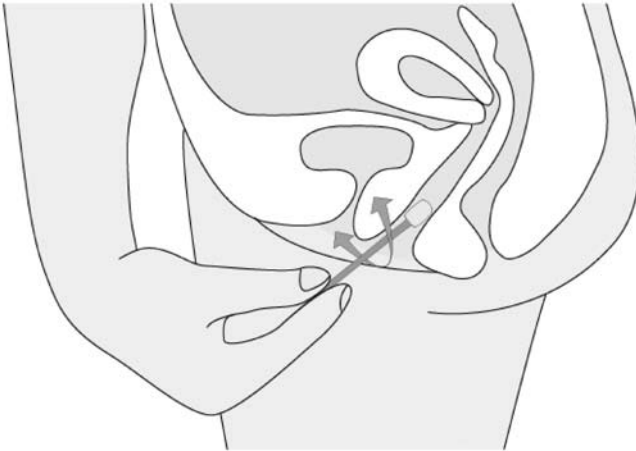
*Neem altijd uw  
verzekeringsgegevens  
en identiteitsbewijs mee!*

## What do you need?

An envelope containing a tube and cotton swab marked with your name and date of birth.

## What do you have to do?

- Open the packet and put the tube opened to one side (you can lay carefully on a horizontal surface without the liquid running out);
- Use the sterile cotton swab to carry out a vaginal smear:
  - Insert the cotton swab into the vagina for approximately 5 cm.
  - Rotate the cotton swab between your fingertips for 1-15 seconds. (Please note: The cotton swab may break if you put excessive pressure on it or bend it too much);
- Put the cotton swab in the tube and snap it off at the breaking point;
- Screw the cap on the tube.



## How do you pack the tube?

- Put the protective wrapping in the hard plastic packaging and place the tube in it;
- Fold the protective wrapping shut and close the hard plastic packaging;
- Put the hard plastic packaging into the plastic bag;
- Remove the adhesive strip and seal the bag;
- Put the bag in the return envelope together with the application form and zip the envelop shut.

Please ensure that the Medisch Microbiologisch en Immunologisch Laboratorium address is clearly visible.

## How to hand it in or send it

You can hand in the tube with the completed application form at the following locations:

- Rijnstate Arnhem  
route 42, lab reception, ground floor
- Rijnstate Zevenaar  
reception
- Rijnstate Velp  
6<sup>th</sup> floor, Microbiologisch en Immunologisch Laboratorium reception desk
- Rijnstate Arnhem-Zuid  
route 17, lab reception desk, 1<sup>st</sup> floor
- At one of the blood sample units ('prikposten') in the area  
(see [www.rijnstate.nl/web/lk-ben-patient/Bloed-laten-prikken.htm](http://www.rijnstate.nl/web/lk-ben-patient/Bloed-laten-prikken.htm))
- It is possible to send the material by regular post. Deposit the envelop in the nearest PostNL postbox.

# Questions

If you have any questions after reading this leaflet, please contact the Rijnstate Medisch Microbiologisch en Immunologisch Laboratorium on 088 005 5455.

Bij Rijnstate kunt u telefonisch en voor de meeste specialismen via [www.rijnstate.nl](http://www.rijnstate.nl) uw afspraak maken.

Rijnstate,  
uw ziekenhuis in de regio  
Arnhem, Rheden en De  
Liemers.

 @rijnstate

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