

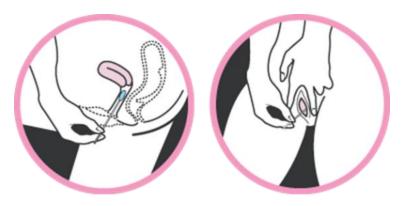
Procedure for performing a High Vaginal Swab

Why have I been asked to perform this test?

You have been asked by your GP or Nurse to perform a swab on yourself to diagnose causes of vaginal discharge, irritation or prior to the insertion of a coil for contraception.

How do I perform the test?

- You should take the test by sitting on the toilet or standing with one foot resting on the toilet seat or side of the bath.
- Remove the swab (looks like a large cotton bud) from its sterile packet. Avoid touching the cotton bud end of the swab.
- Put the swab into your vagina (like you would with a tampon)



- Twirl the swab for about 5 seconds making sure it is touching the inside of your vagina
- Remove the swab and place it back into the charcoal container and push to secure firmly into place.
- Ensure the container has your correct name, date of birth and date you took the swab on entered into the details label.
- Pop into the plastic specimen bag and return to surgery as soon as possible.

How do I get my results?

About a week after you have sent your test back please contact the surgery on 02392821371 – **ideally after 1100** and you will be given your result over the phone. Alternatively, you could ask for the results via our website www.tmgp.co.uk, or use the NHS App.