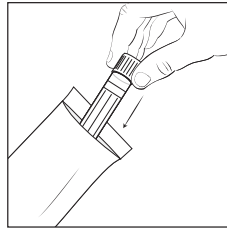
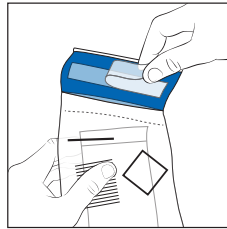




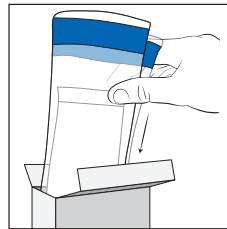
F. Wrap and send



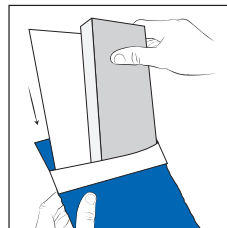
10. Place the tube into the white bag.



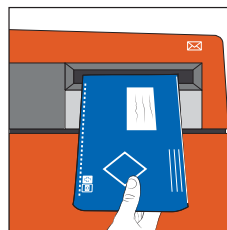
11. Place the white bag with the tube into the special plastic bag (Safetybag). Close the bag using the adhesive strip.



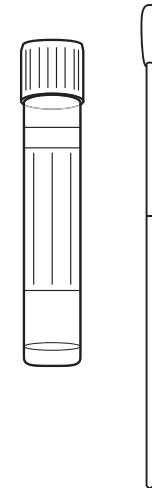
12. Place the well-sealed Safety bag in the box and close the box.



13. Place the box and your doctor's request form into the return envelope. Close the envelope using the adhesive strip.



14. Important: You should post the return envelope the same day*, before the last collection. You do not need a stamp.



Questions?

If you have any questions, please contact your doctor/GP or our Customer Contact Centre. The RHMDC Customer Contact Centre is available from Monday to Friday, from 8 a.m. to 5 p.m., tel. 088 260 4000.

STD test - swab test (eSwab)

This test serves to diagnose sexually transmitted diseases (STDs). To do the test, you must take a swab from your vagina or anus. It does not hurt and will take about 5 minutes. You can do the test at any time of the day, including when you are having your period.

* If you are unable to send the envelope within 24 hours, store the material in the fridge until you are able to send it.

Instructions for STD test - eSwab

A. Package content

- Instruction leaflet
- Request form
- Tube and cotton swab (eSwab)
- White bag
- Plastic bag
- Return envelope

B. Important

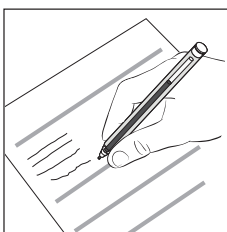
Read the explanation in full.

Carry out steps 1 to 14.

The explanation is found on the front and back of this instruction leaflet.

Follow the instructions that are relevant to you (see D1 and D2). If you need to take a swab of both the vagina and the anus, you must use a separate cotton swab for each body area. The packaging of the tube and cotton swab is open, because your doctor will have attached a bar code to the tube. This does not affect the test in any way.

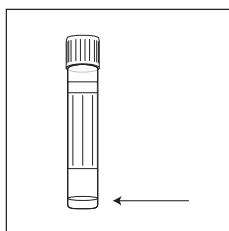
C. Preparation



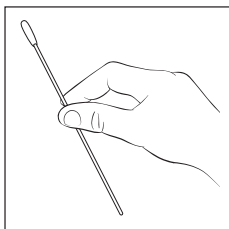
1. Check whether your data have been entered on the doctor's request form and if necessary complete them. As soon as you take the swab, you should note the date and time on the request form.



2. Wash your hands using water and soap and dry your hands using a clean towel.

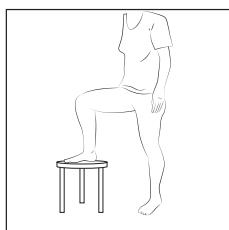


3. Remove the tube and cotton swab from the packaging. NB: Do not touch the cotton! There is liquid in the tube. This liquid should stay in the tube.

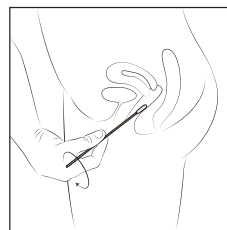


4. Pick up the cotton swab. As soon as you drop or put down the cotton swab, you should dispose of it.

D1. Vaginal swab

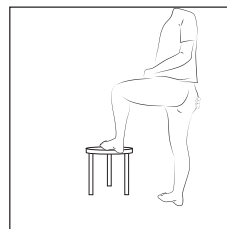


5a. Get into a comfortable position. For instance, as if you were inserting a tampon.

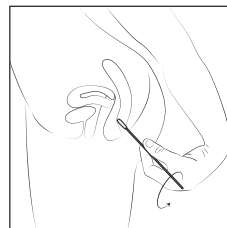


5b. Insert the cotton swab about 5 to 6 cm into the vagina. Twist the cotton swab carefully 5 times.

D2. Anal swab

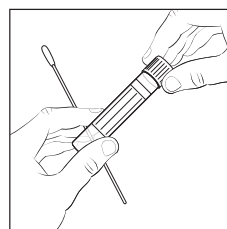


5a. Take up a comfortable standing position. Pull one of your buttocks aside.

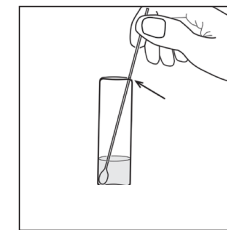


5b. Insert the cotton swab about 3 to 5 cm into the anus (as you would with a thermometer), and twist the cotton swab carefully 5 times.

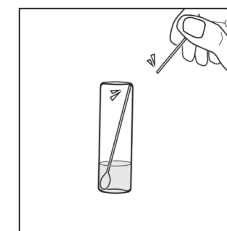
E. After the test



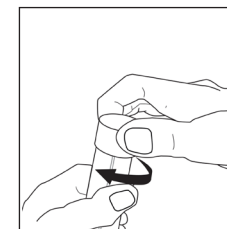
6. Hold on to the cotton swab in the middle - do not touch the cotton. Pick up the tube and untwist the lid. Leave the liquid in the tube.



7. Place the cotton swab into the tube until it touches the bottom.



8. Snap the cotton swab at the break-off lip.



9. Twist the lid onto the tube. The cotton swab should be twisted tight into the lid.

The instructions for packaging and sending the test are on the back of this leaflet.

