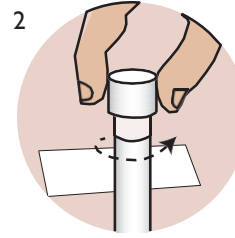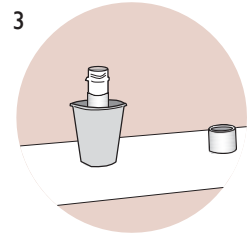# Throat Swab

Before you start:

- **Read all instructions.**
- **If you are collecting more than one sample, use the correct tube for each body part (labelled throat, rectum or vagina).**
- **If you spill liquid from the tube, you will need to start again and request a new tube or kit.**

1
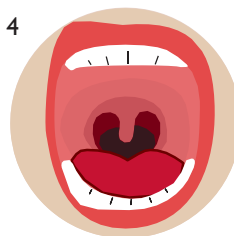
Wash your hands with soap and water.

2

Place a paper towel down on a clean, flat surface.
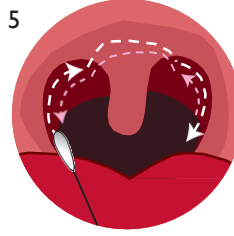
Twist the cap off the tube.

3

Put the cap down with the inside surface facing up.

Place the tube upright on the flat surface.

If you want, you can use a cup to keep the tube upright.

Score line
(break here)

4

Take the swab out of the package. Do not touch the soft end of the swab with your hands or other surfaces.

Open your mouth as wide as you can.

5

Put the soft end of the swab to the very back of your throat.

Rub along the walls of the back of your throat for 10-30 seconds. Try not to touch your tongue or the side of your cheeks.
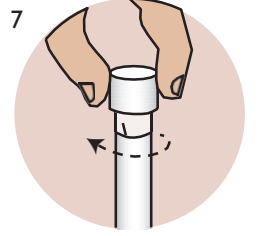
It's OK if you gag.

6
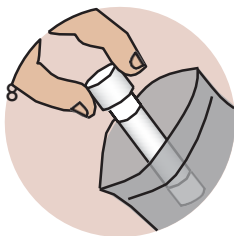
Put the soft end of the swab in the tube.

Break the swab at the score line by pressing it against the side of the tube.

If the liquid in the tube spills, ask for a new tube.
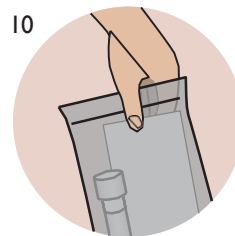
7

Twist the cap back on the tube tightly.

Put the tube in the plastic biohazard bag.

9

Wash your hands with soap and water.

10

Give the bag back to the healthcare provider.

If you are not collecting your sample at the clinic:

- **Make sure the tube is labelled with your name and date of birth.**
- **Seal the plastic biohazard bag with your sample inside and your paper lab form in the outside pocket.**

CDC
BC Centre for Disease Control
Provincial Health Services Authority

Worried you are not doing this correctly?

Research shows collecting your own swab is as effective as having it done by a healthcare provider.