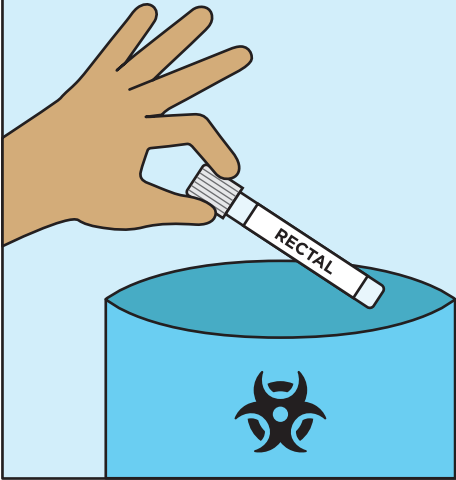
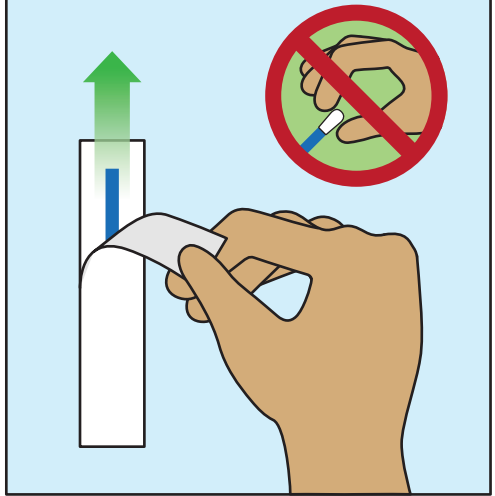


RECTAL SELF-SAMPLE

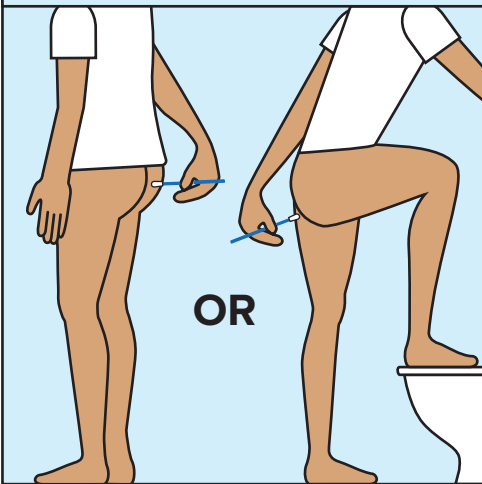
1. Remove Aptima tube labeled rectal from specimen bag.



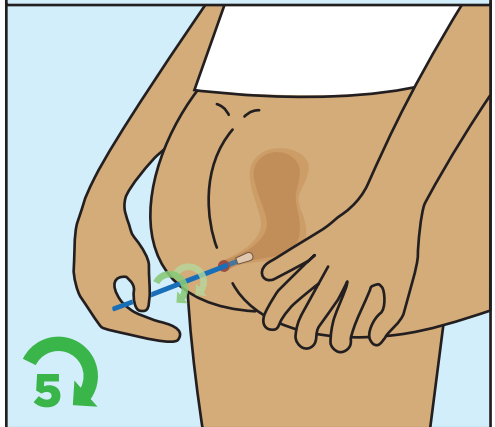
2. Remove the blue collection swab from the package. Avoid touching swab tip.



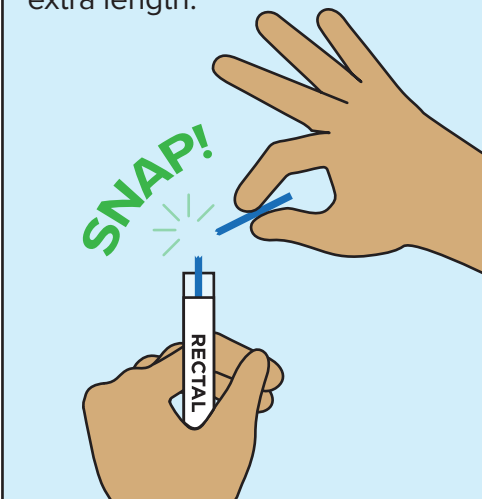
3. Stand with both feet on the floor or with one foot on the toilet and bend forward.



4. Insert the swab about 1 inch (3 cm) up to your rectum and twirl it at least 5 times. If possible, use your free hand to open up your butt cheeks.



5. Without tilting the tube, unscrew the cap and place the swab inside. Snap off the extra length.



6. Put the cap back on and screw it tight to prevent leaks.

