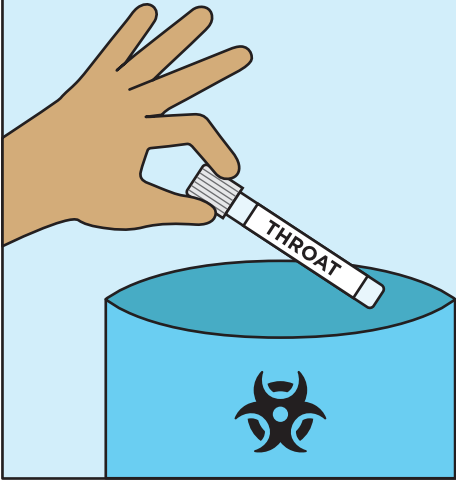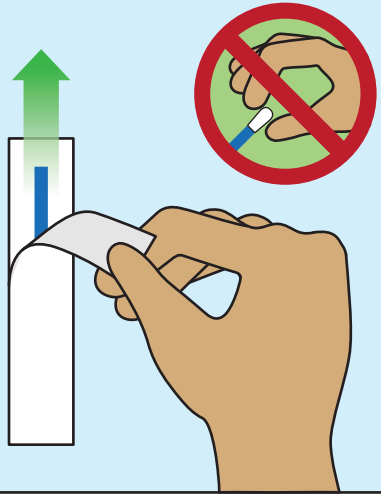# THROAT SELF-SAMPLE

1. Remove Aptima tube labeled throat from specimen bag
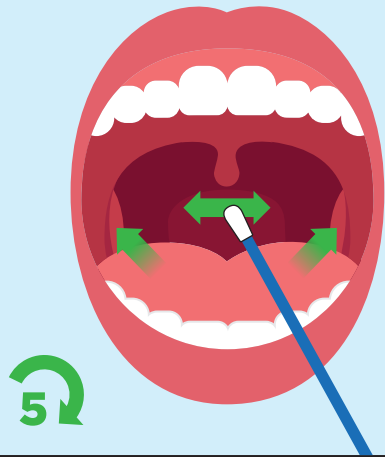
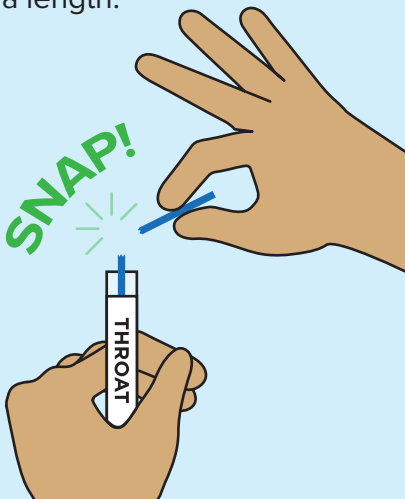**2.** Remove the blue collection swab from the package. **Avoid touching swab tip.**

3. If possible, face a mirror and open your mouth wide.

4. Rub the swab on both sides of your tonsils AND the back of your throat at least 5 times. Gagging is ok!

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

SNAP!

THROAT

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

THROAT