**Mail-in Test Kit Instructions**  
Vaginal Self-Swab Collection

Please read carefully before beginning your collection.

**Specimens will be rejected if:**
- there is no swab in the tube
- the fluid in the tube is low
- the plastic bag holding the tube does not have the absorbent paper strip inside
- the plastic bag holding the tube is not fully sealed
- the tube is not placed in the correctly labeled bag
- the post mark is not from Vermont, New Hampshire, or Maine

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**Step 1**
Unwrap the collection tube and swab from its packaging.

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**Step 2**
Carefully insert the swab about 2 inches into the vaginal opening and gently rotate the swab for 30 seconds.

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**Step 3**
Insert the swab into the collection tube (being careful not to touch the swab to any other surface). Break the swab shaft at the score mark and discard the top portion of the shaft.

Then cap the tube tightly to prevent leaking. Don’t forget to wash your hands!

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**Step 4**
Place the collection tube in the plastic bag with your name and birth date that says VAGINAL SWAB and seal the zip lock tightly.

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**Step 5**
Place the sealed bag into the pre-paid and pre-labeled white cardboard return box and seal the box with the provided tape, located on the inside flap of the box.

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**Step 6**
Drop it at any blue USPS mailbox or post office in Vermont, New Hampshire, or Maine within one week of collecting your sample.

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**What happens next?**
Your test results will be ready within 2 weeks of us receiving your sample. If you test positive, our staff will call you to discuss treatment options. **If you test negative, you will not receive a call.** Test results will also be available in your Patient Portal. To setup a Patient Portal account, please call 855-767-6538.