

# Instructions for STD test for women

In consultation with your physician or GP, you will be tested for an STD (sexually transmitted disease). STDs are caused by micro-organisms such as bacteria, viruses or parasites. A vaginal swab is required for this test. For this, you will self-collect a vaginal swab at home. This leaflet contains information about how to do this.

## Yellow envelope

Your physician or GP has given you a yellow envelope. This envelope contains all the information you need, including an application form completed by your physician or GP.

### What does the yellow envelope contain?



*tube and cotton bud    sticker    absorption sheet    safety bag*

## Instructions for taking a vaginal swab

The instructions for taking a vaginal swab can be found on the back of this leaflet. Please read these instructions carefully before starting.

## Handing over the envelope (\*)

Your physician or GP will tell you where to hand over the envelope. You should do this as soon as possible after taking the vaginal swab.

## Your questions

If you have any questions about taking the vaginal swab and/or the test results, you should contact your physician or GP. If you have any other questions, you can contact the laboratory:

- telephone 072 - 548 5136
- e-mail [servicemicrobiologie@nwz.nl](mailto:servicemicrobiologie@nwz.nl)

More information about the laboratory can be found at [nwz.nl](http://nwz.nl) under the specialism: medical microbiology.

## Instructions for taking a vaginal swab

Wash your hands first. Please follow the instructions below carefully:

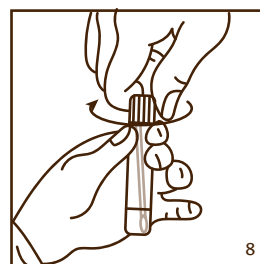
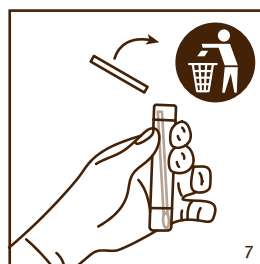
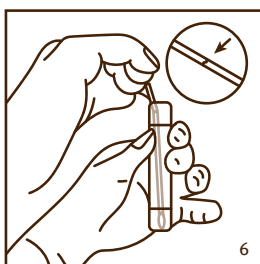
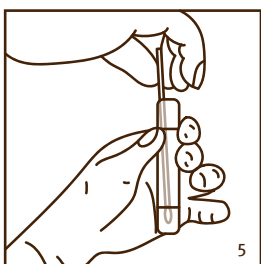
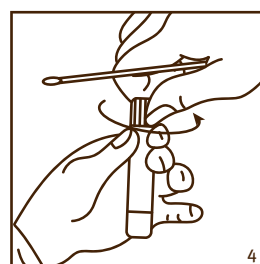
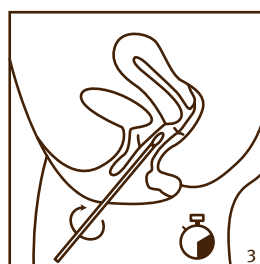
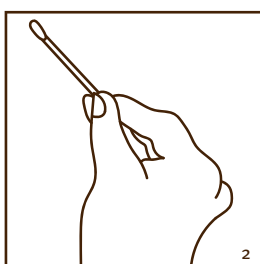
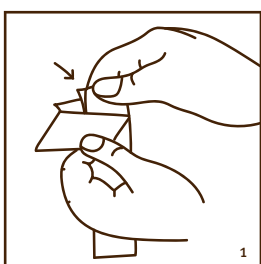
1. open the packaging containing the cotton bud: do not touch the tip of the cotton bud
2. hold the cotton bud between your thumb and index finger
3. insert the cotton bud approximately 5 cm into the vagina  
Use a swirling motion with the cotton bud for 10 to 30 seconds.  
Make sure that the cotton bud touches the mucous membrane properly and that the tip of the cotton bud becomes moist. Then pull back the cotton bud



### Important

Make sure that the moist tip of the cotton bud does not touch your skin.

1. remove the cap of the tube carefully so as to not spill any fluid from the tube
2. place the tip of the cotton bud in the fluid in the tube
3. then break the stick
4. discard the stick
5. tightly screw the cap onto the tube to prevent it from leaking
6. write down your name and date of birth on the sticker and put the sticker on the tube
7. write the date on which you collected the material on the application form
8. put the tube together with the absorption sheet in the safety bag
9. close the safety bag and put it in the yellow envelope together with the completed application form
10. store the envelope at room temperature



Now read the following chapter on the front of this leaflet: 'Handing over the envelope (\*)