How to Swab Your Anus

1. Wash your hands.
2. Get into a comfortable position.
3. Hold the swab 2 inches (5 centimeters) from the tip.
4. Insert the swab 1 inch (2.5 centimeters) into your anus.
5. Rotate the swab five times in your anus and remove it.
6. Without putting down the swab, unscrew the cap.
7. Place the swab in the tube and break off the end of the swab.
8. Tightly screw the cap back on.
9. Wash your hands.

DO NOT pour out the liquid in the tube or break the foil cap.