### How to Swab Your Genitals

1. **Wash your hands.**
2. **Get into a comfortable position.**
3. **Hold the swab in the middle.**
4. **Separate the outer folds and insert the swab into the internal canal.**
5. **Rotate the swab five times in your internal canal 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.