

Collecting your own sample

Quest Diagnostics understands how important it is you receive accurate test results quickly. That is why we offer the option to collect your own sample before your appointment with your doctor when you are experiencing symptoms of vaginitis or other genital tract infections, such as itching, irritation, or odor.

Collecting your own vaginal sample is easy. According to the CDC, it is an acceptable collection method for patients experiencing symptoms of vaginitis or similar genital tract infections.¹ All you will need is a test order from your doctor. Read on to learn more about why this might be a good option for you.



Vaginal self-collection: What you should know

Why is my doctor recommending vaginal self-collection for me?

By collecting the sample ahead of your visit with your doctor, you may be able to be treated sooner. The results from your self-collected test can help your doctor make an informed diagnosis at the time of your exam.

Is vaginal self-collection as safe and accurate as when my doctor does it?

According to the CDC, by following step-by-step collection instructions, patients can collect their own samples correctly, with the quality of self-collected samples equivalent to those collected by a doctor.¹

How do I collect the sample?

The Quest Patient Service Representative will provide you with a vaginal collection kit^{2,3} that comes in a sealed, protective wrapper and includes a step-by-step collection instruction sheet. Do not swallow or ingest the contents of the vial under any circumstances.

Read all instructions before starting to collect a sample. Failure to follow the instructions could affect the test results. **If you do not feel comfortable with vaginal self-collection, please contact your doctor.**

What should I do if I have questions regarding the instructions?

If you have questions prior to performing your self-collection, please call 1.833.700.2423. The help line is open Monday–Friday 8:00 AM to 7:00 PM ET and is closed on weekends and holidays.. If you are unable to self-collect, please contact your doctor.

Can I perform a vaginal swab self-collection if I am menstruating?

Yes, you can perform a vaginal self-collection while menstruating. Studies have indicated that menstruation does not affect the test.

What if I accidentally drop the swab or collection tube (or contaminate them in any way)?

If you accidentally drop the swab or collection tube, inform the Patient Service Representative, who will dispose of the contaminated swab and/or collection tube and provide a new one. Additionally, if any of the vial contents gets on your skin or in your eyes, immediately flush the area with water and inform the Patient Service Representative.

What if I do not want to do a self-collection?

If you prefer not to self-collect, please contact your doctor who ordered the test.

Can the Quest Patient Service Representative perform the vaginal sample collection?

No. For sample collection taking place at a Quest Patient Service Center, the collection must be done by the patient. Collection cannot be done by the Patient Service Representative.

If liquid from the collection tube spills on your skin or gets in your eyes or mouth

- Flush eyes immediately with water, or wash affected skin with soap and water
- Notify the Patient Service Representative or healthcare provider immediately if irritation develops

Important information: Read before collecting

Do not take the collection kit or your self-collected specimen out of the Patient Service Center. IF YOU ARE PREGNANT, PLEASE INFORM YOUR DOCTOR.

Before you collect a vaginal swab specimen, tell your doctor if you

- Are experiencing recent pelvic pain
- Experience pain with sexual intercourse
- Have unusual vaginal discharge or bad odor
- Are pregnant

Other options are available. If you have questions about the self-collected swab, other sample collection options, or sexually transmitted infections (STIs), talk with your doctor. Read all instructions before starting to collect a sample. Failure to follow the instructions could affect the test results. If you do not feel comfortable with vaginal self-collection, please contact your doctor.

Do not spill the contents of the tube. If the contents of the tube are spilled, ask for a new Aptima® Multitest Swab Specimen Collection Kit.

Scan the QR Code for video instructions on collecting your sample.



References

1. Workowski KA, Bachmann LH, Chan PA, et al. Sexually transmitted infections treatment guidelines, 2021. *MMWR Recomm Rep.* 2021;70(4). doi:10.15585/mmwr.rr7004a1
2. Aptima Combo 2® Assay package insert 501798 Rev 008. Hologic; 2021. Accessed August 1, 2024.
3. Aptima® *Trichomonas vaginalis* Assay (Panther® System) package insert 503684 Rev 008. Hologic, Inc; 2020. Accessed August 1, 2024.

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