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Assisted Conception Service  
Clinic Area B, Ground Floor  
Queen Elizabeth Building  
Glasgow Royal Infirmary  
16 Alexandra Parade  
Glasgow G31 2ER



Waiting list: 0141 201 5338  
Treatment: 0141 201 3478  
Reception: 0141 211 8535  
Nurses: ggc.acs.treatment@nhs.scot

**PRIVATE & CONFIDENTIAL**

Date:

Dear ,

**Glasgow Royal Assisted Conception Services Patient Guide To Obtaining A Vaginal Swab.**

As part of your pre-treatment investigations we ask that you carry out two Vaginal Swabs prior to attending your ART (Assisted Reproductive Technology) appointment.

You will have received two swabs in your pack and we ask you to perform the swab procedure using both swabs on the morning of the appointment, bringing them with you to give to the member of staff on duty at the clinic.

Please follow the instructions on page 2.

Yours sincerely,

Dr S Vani

Consultant in Gynaecology/Specialist in  
Infertility and Reproductive Medicine

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## Instructions for Self-Collection of Vaginal Swabs

1. Collect the sample in a private room, such as the bathroom, it is important to maintain a comfortable balance when obtaining the sample. Wash hands with soap & water. Rinse & dry.
2. Have the specimen collection in a clean environment. Ensure the orange swab collection kit is kept upright- if any media is spilled the test may be invalid.
3. Open the packs, remove the stopper from the charcoal swab. Do not touch the swab tip or lay it down- it must be kept sterile.
4. In a comfortable position allowing access your vagina to obtain a swab, use your other hand, gently spread the skin on the outside of the vagina. Insert the tip of the swab into the vaginal opening. Point the tip toward your lower back and relax your muscles
5. Carefully insert the soft tip of the swab no more than two inches into the vagina and gently rotate the swab for 10 to 30 seconds then remove & return to the charcoal tube. Repeat with the orange swab kit, taking care not to spill the media & return the swab to the tube containing the fluid. Upon adding the swab to the tube, half of the swab will be kept within the fluid and the tip of the swab should be snapped off at the perforated line & disposed of.
6. If the tip of the swab touches anything or becomes contaminated please contact us for a new kit, as this test will not be valid. After collection, wash hands with soap & water, rinse and dry.
7. Specimens should be stored at room temperature and brought to your appointment on the same day and given to a member of staff.
8. These results of the swabs will be discussed at your next appointment.

**If you have any concerns you wish to discuss in confidence, with your nurse, please contact us.**

