Start:
- Wash your hands with soap and water before taking a sample and dry thoroughly.

The swab:
- Break the seal on the swab tube.
- Take the cotton-tipped swab out of the plastic tube, just twist and pull to remove it.
- Hold in your hand and look into a mirror.

Taking the sample:
- Open your mouth wide and wipe the swab around the tonsils area (A) and the back of the throat (B) on both sides.
- Try not to touch the teeth, tongue or cheeks with the swab.

Finish:
Your specimen is now ready to take to Any Melbourne pathology collection centre.

Remember to request for a blood sample when you drop off your specimen (if you are testing for HIV or Syphilis).