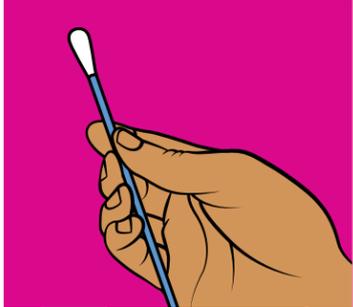# How to Swab Your Anus

1 Wash your hands.

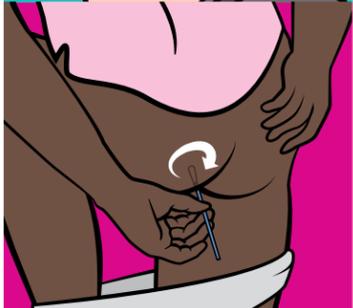**2** Get into a comfortable position.

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.

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

8 Tightly screw the cap back on.

9 Wash your hands.

NYC Health