Inside the envelope you will find a swab and a jar.

Open the jar.

Put the swab into your vagina with the cotton end pointed toward you.

Push the swab until you feel it can’t go any further. Turn the swab 5 times.

Remove the swab from your vagina.

Put the cotton end of the swab into the jar and stir it 5 times in the liquid.

Take the swab out of the jar and throw the swab in the trash.

Put the lid on the jar. Make sure the lid is tightly closed.

Put the jar back in the plastic bag.

Put the bag in the pre-paid envelope.

Seal the pre-paid envelope and mail it back to us.

We will call you with your results!