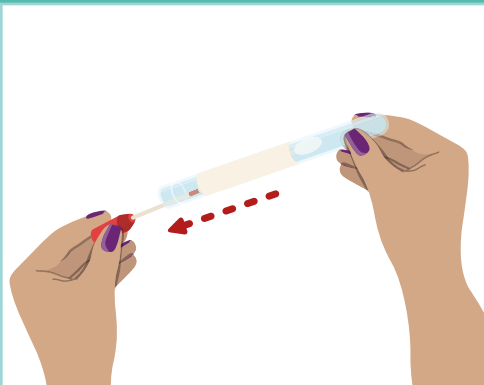


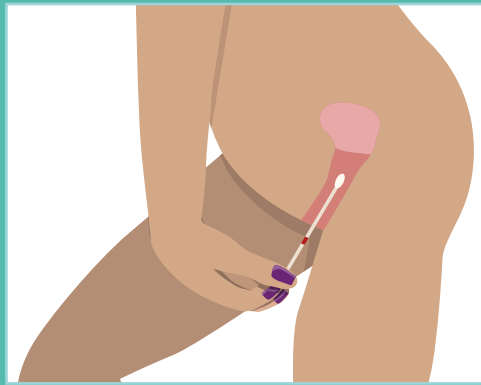


SIMPLY FOLLOW THE STEP-BY-STEP INSTRUCTIONS



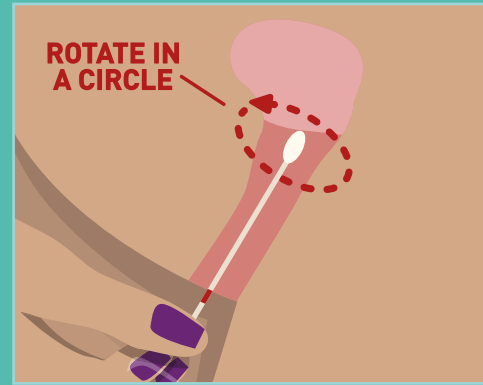
Step 1

- Lower your underwear.
- Twist the red cap and pull out the swab.
- Look at the swab and note the red mark closest to the tip.



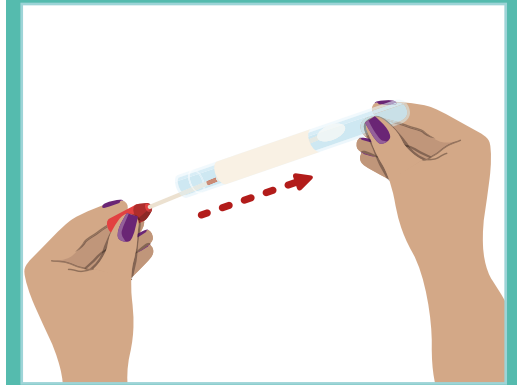
Step 2

- Get in a comfortable position.
- Insert the swab into your vagina, aiming to insert to the red mark. It may be easier to use your other hand to hold the skin of your vagina.



Step 3

- Rotate the swab gently for 10-30 seconds. It should not hurt.



Step 4

- Remove the swab, and place back in tube.

