



## Collection of a self-taken anal swab

11 May 2020

### Important note

**This information leaflet is for complainants of sexual assault only and should not be used when considering samples from suspects.**

### Collection of a self-taken anal swab

Self-taken swabs are not suitable for everyone.

The police may ask you to take these, but before you do so, you should (must) have a discussion with a forensic doctor or nurse.

Please do not open any of the packets until you have read this information.

If you are not sure what to do ask the forensic doctor or nurse to whom you have been speaking.

If you have been asked to take a swab from the vagina and the back passage (anal swab), it does not matter which swab you take first, **BUT, you must carefully remove the gloves and wash your hands, before taking the other swab and make sure that the vaginal swab goes into the bag labelled vaginal swab and the anal swab goes into the bag labelled anal swab.**

In the pack provided to you, you will find a bag labelled anal swab. There is one swab.

The swab you have in the bag may look different to the ones in the pictures below. Please do not worry as this swab has been carefully prepared for you to use, by a forensic doctor or nurse.

These instructions tell you how to collect an anal swab.



### What is a self taken anal swab?

This is a anal swab taken by the patients themselves rather than by a forensic doctor or nurse.

### What is the purpose of an anal swab?

The purpose of these swabs is to collect DNA evidence.

### Where are swabs taken from?

The swab is taken from inside the anus.

### Before you collect the sample

Wash your hands using soap and warm water, rinse and dry. Undress to expose the anal area and get yourself into a comfortable position as below.



**Put on 2 pairs of gloves that will have been supplied to you.**

If you touch or drop the swab tip or the swab is laid down, discard the swab and use another one (there will be some spare swabs provided)

### Obtaining a self-taken anal swab

Follow the process on page 2 of this document

### Where is my sample tested?

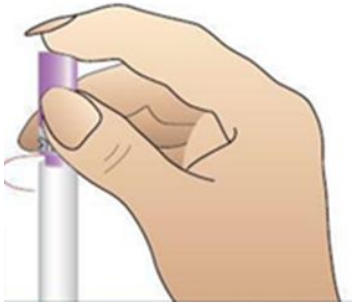
The sample will be taken and stored by the police. They will arrange for the sample to be tested dependent on the details of the case.

### How do I get my results?

The results will go directly to the police



### How to collect a anal swab



But wear gloves provided



But wearing gloves provided

1. Wearing two pairs of gloves on each hand, twist the cap to break the seal  
Do not use if the seal was already broken or damaged.  
Holding only the stopper, pull the swab out of the case. Be careful to not allow the cotton end to touch anything except the area that you are swabbing.
2. Take one hand and spread one bum cheek to the side. With your other hand, put the swab at the opening of your anus.
3. Point the tip towards your belly and relax your muscles
4. Insert the swab about 4cm. Gently move the swab in a circle 2 or 3 times slowly counting to ten, touching the walls of the anal canal.  
If it is still difficult, do not attempt to continue.  
Make sure the swab touches the walls of the anal canal so that moisture is absorbed by the swab. To do this, when the swab is inside, gently rotate the swab as you slowly count to ten.
5. Withdraw the swab trying not to touch anywhere else with it.
6. Place the swab in the tube and cap it securely.  
Place the labelled swab in the sample bag it came from.
7. Remove the gloves and wash your hands  
If you have been asked to take other swabs, for example vaginal swabs, make sure that your hands are washed and dried before putting on fresh pairs of gloves.