

# Doctor referred self-collection swab



## Self-collection instructions

# Respiratory virus PCR (including COVID-19)

These instructions are designed mainly for adults and older children who are able to swab themselves. In appropriate circumstances they can also be used to collect specimens from other individuals, e.g. children aged 1 year or older.

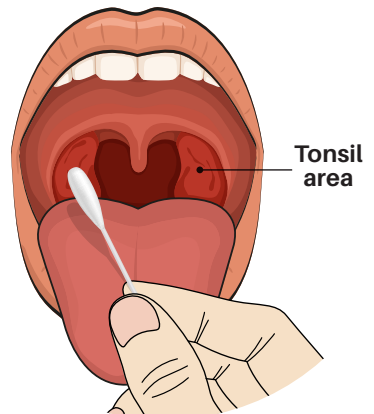
## 1 Preparation

- Wash or sanitise your hands.
- Open the sealed packet that contains an orange topped tube and thick swab. **Use the swab that is inside the packet to collect the specimen.** Take out the tube and label it with your surname, first name, date of birth, sex, time and date of collection, and site of collection (throat and nose).

**It is important that the tube is clearly labelled.**

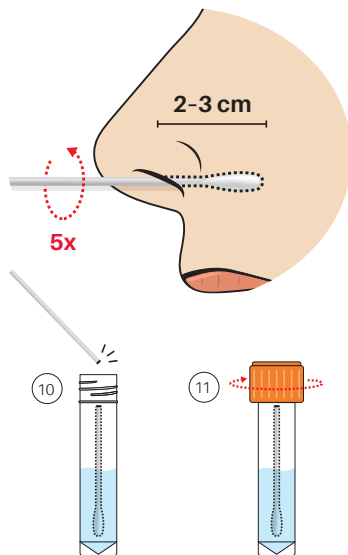
## 2 Take a throat swab

- 1) Unscrew the lid of the tube and stand it upright, taking care not to spill the liquid inside.
- 2) Remove the swab from the packet by gripping the end which does NOT have the padded tip.
- 3) In front of a mirror, tilt your head back slightly and stick your tongue out. Use the tongue depressor if required.
- 4) Swab the back of the throat and the tonsil area on both sides of the throat.
- 5) Withdraw the swab carefully, taking care not to touch any other part of the mouth.



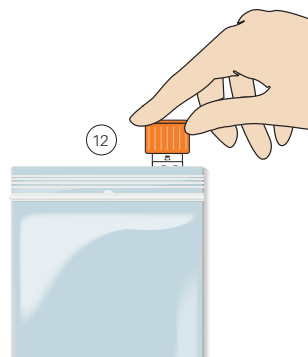
### 3 Swab both nostrils

- 6) Use the same swab and, if over 12 years of age, insert the tip 2-3 cm horizontally into one nostril, or as far as is comfortably possible. In children aged 1-12 years, insert the tip 1-2cm or until resistance is met.
- 7) Rotate the swab 5 times and then leave in position for 5-10 seconds to absorb any material present.
- 8) Withdraw the swab carefully, taking care not to touch the exposed tip.
- 9) Repeat in the other nostril.
- 10) Insert the swab into the tube, then snap the shaft at the marked line.
- 11) Screw the lid firmly onto the tube (with swab inside) to ensure no leakage of fluid.



### 4 Pack the tube containing the swab

- 12) Place the labelled tube (with the swab inside) into the pathology specimen bag and seal the opening using the zip lock feature.
- 13) Ensure all personal details on the pathology request form are correct. Place the form into the side pocket on the pathology specimen bag.



**Note - the swab lid colour may sometimes change due to supply.**

### 5 Deliver the tube and swab

If possible, have a support person return the pathology specimen bag containing the labelled tube (with swab inside) and pathology request form to the location you obtained it from. Please wear a mask if returning the sample yourself.