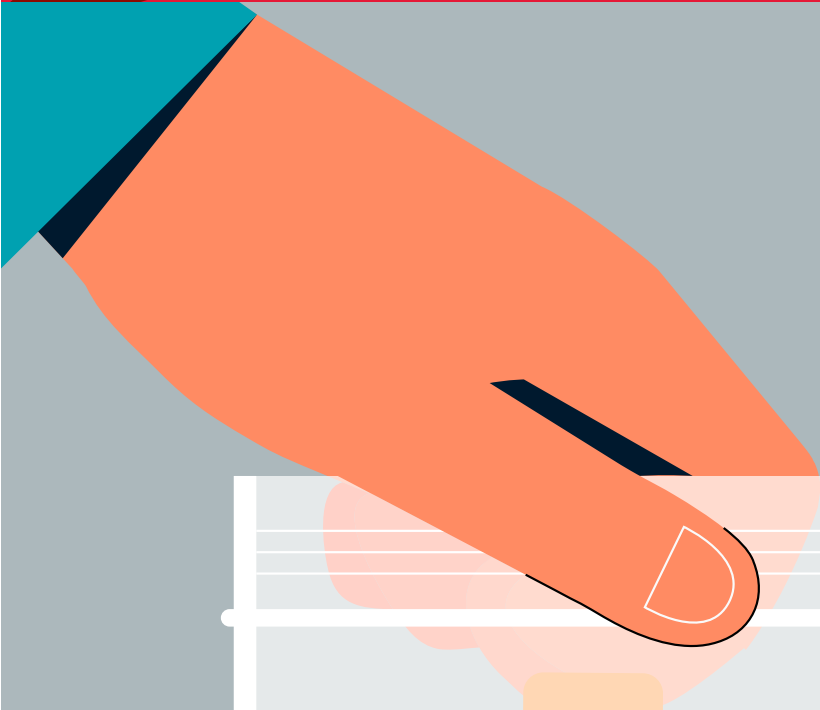


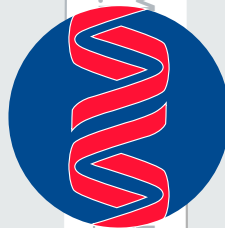


**Sullivan
Nicolaides**
PATHOLOGY
Quality is in our DNA

COVID-19 and respiratory virus patient self-collect swab



COVID-19 Sample



NAM
D.O.

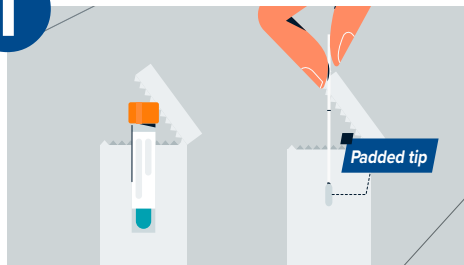
COVID-19 and respiratory virus testing

patient self-collection instructions

Preparation

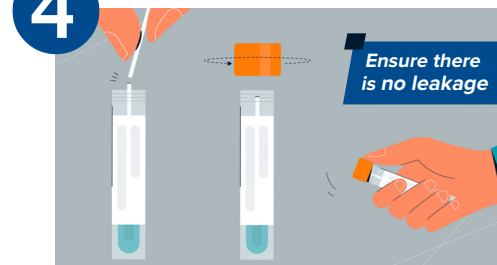
- Watch the collection video at snp.com.au.
- One swab to be used for both the throat and nose collection.
- Wash or sanitise your hands before and after the collection.
- Have a mirror available.

1 Throat swab collection

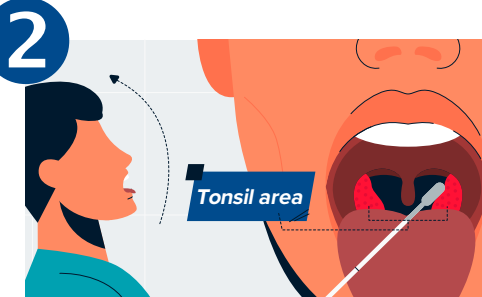


1. Remove the tube from the packet, unscrew the lid and stand the tube on a stable surface.
2. Remove the swab from the packet and do not touch the padded tip of the swab.

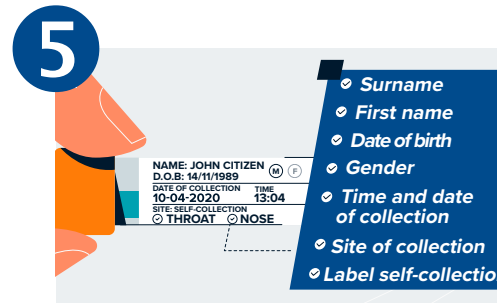
4 Sample packaging



9. Do not put the swab down.
10. Hold the tube and carefully insert the padded tip into the tube.
11. Snap the end of the swab off at the mark, leaving the padded tip in the tube and discard the end.
12. Screw the lid firmly onto the tube (with swab inside) to ensure no leakage.



3. Tilt your head back in front of a mirror and stick out your tongue, exposing the tonsil area.
4. Without touching the sides of the mouth or tongue, swab the back of the throat and tonsil area on both sides.
5. Remove the swab while not touching any other part of the mouth.



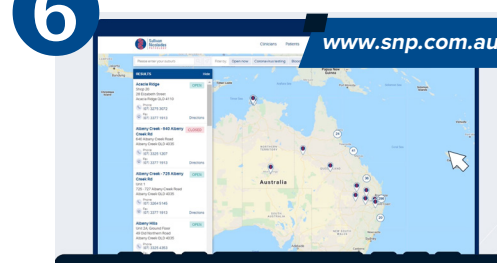
13. Write all your details on the tube as listed in the image to the left.
14. Place the labelled tube back into the pathology specimen bag and the request form into the outer sleeve.
15. Wash and/or sanitise your hands.

3 Nose swab collection

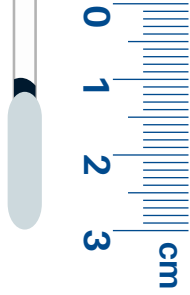


6. Insert the tip of the same swab at least 2-3 cm (or as far as comfortably possible) into your first nostril. There is a swab measurement guide on the back page.
7. Rotate the swab 5 times and hold in position for 5-10 seconds to absorb any material present.
8. Repeat steps 6 and 7 for second nostril.

6 Specimen transport



16. For collections under medical supervision, give your packaged sample to your medical practitioner.
17. For home collections, you will need to take your sample to an SNP collection centre. Please see the back page for instructions.



Specimen transport instructions

If you have symptoms (e.g. fever, cough, shortness of breath, sore throat):

You will need to take your packaged sample to a respiratory virus (including COVID-19) testing collection centre.

These collection centres can be located by using our interactive map available at www.snp.com.au/our-locations/?P=39

If you have no symptoms:

You may deliver your packaged sample to your local GP clinic or nearest SNP collection centre for transport to the laboratory.

For a list of collection centres, see the back of your request form or visit www.snp.com.au/our-locations

