

# HOW TO TAKE A COMBINED THROAT AND NOSE SWAB



NationWide  
LABORATORIES

To test for coronavirus (SARSCoV-2) we need two samples: one from the back of your throat and one from inside the nose. You can take both samples safely yourself.

The testing kit you have received contains everything you need to take the samples:

- a sample submission form;
- VTM swab – this contains two long cotton tipped swabs. The smaller tipped swab should be used to swab your nose, the larger swab should be used to swab your throat. The kit also contains a small collection tube containing liquid. Once the swabbing is complete, the front part of both swabs should be broken off and placed in this tube;
- Biohazard bag containing absorbent pad;
- Prepaid Jiffy bag/cardboard envelope.



1

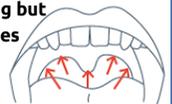
## PREPARE TO TAKE THROAT SAMPLE

**Wash your hands carefully before you start. Then unpack the kit onto a clean surface.**

**A.** First take the throat swab. Open the swab packet and pull out the swab.



**B.** Wipe the soft tip of the swab around the back of your throat as shown in the diagram. Stand in front of a mirror. Open your mouth wide and stick out your tongue – you will see an arch at the back of your mouth. Try to swipe the soft tip of the swab across the five areas in the picture as below. **Rub the swab several times across the very back of your throat, behind the arch. This may make you gag but should not be painful. Ensure you also swab the sides of the arch where your tonsils protrude. Try to avoid swabbing your tongue and teeth.**



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## NEXT, TAKE THE NOSE SAMPLE

**A.** Place the tip of the cotton bud gently **JUST** inside one of your nostrils and gently wipe the cotton bud around the inside of your nose. Please repeat this for your other nostril using the same swab. No force is needed and you do not have to push far into your nostril.



**B.** Once you have taken both swabs, place the soft tips of the swabs into the collection tube and break off the ends (at the breaking off point where the swab stick is thinner). Close the lid on the bottle.

**Please avoid touching the cotton bud tip with your hands (before or after the swabbing) to avoid contamination.**



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## FINALLY, PACK THE SAMPLES

**A.** Wash your hands again.  
**B.** Fill your details on the submission form.  
**C.** Place the tube with the front part of both swabs inside the biohazard bag and seal it tightly.

**D.** Make sure your details are correct on the form.  
**E.** Place the sealed biohazard bag and the form into prepaid cardboard envelope / Jiffy bag.  
**F.** Post to Gate Way Drive, Yeadon, Leeds LS19 7XY



Forensic Testing Service

If at any stage your condition worsens, or if you are more worried about your health contact NHS 111 urgently

For more information please contact our team via [COVID19@nwlabs.co.uk](mailto:COVID19@nwlabs.co.uk) or [covid@forensic-testing.co.uk](mailto:covid@forensic-testing.co.uk)