

HOW TO TAKE A COMBINED THROAT AND NOSE SWAB YOURSELF



NationWide
LABORATORIES

To test for coronavirus (SARSCoV-2) a combined sample from the back of your throat and the inside of your nose is required. The sample can be taken safely yourself.

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

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



1

PREPARE TO TAKE THROAT SAMPLE

Please refrain from eating or drinking for 30 minutes before taking your swab. Please blow your nose before taking the swabs. 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. **Do not touch the soft tip of the swab.**

B. 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. Wipe the soft tip of the swab around the back of your throat as shown in the diagram, avoid touching your tongue or teeth. 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.



2

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 the swab, place the soft tips of the swab 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.



3

FINALLY, PACK THE SAMPLES

- A.** Wash your hands again.
- B.** Fill your details on the submission form and label the tube with your name.
- C.** Place the tube with the front part of the swab 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 cardboard envelope / Jiffy bag.
- F.** Use the Royal mail priority post box www.royalmail.com/priority-postboxes to post to **Gate Way Drive, Yeadon, Leeds LS19, 7XY**



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 or covid@forensic-testing.co.uk