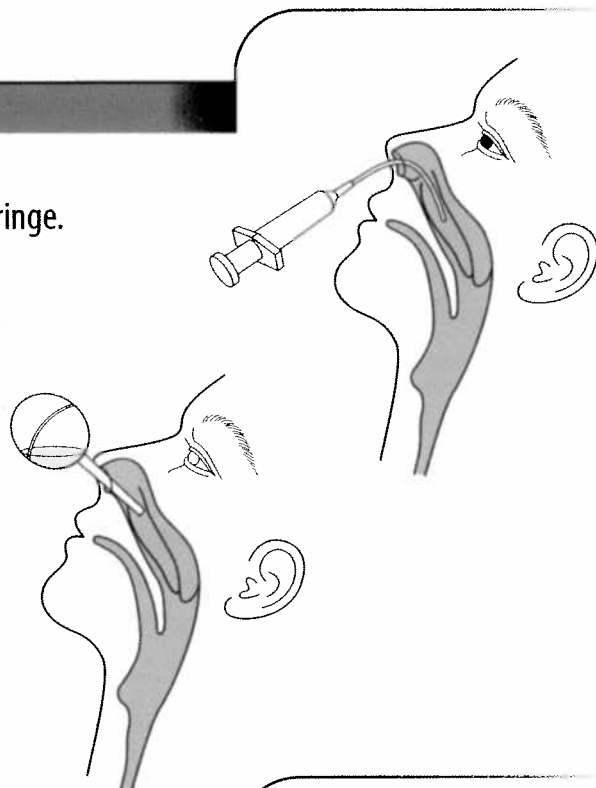


# How To...

## Obtain nasal/nasopharyngeal wash/aspirate specimens\*

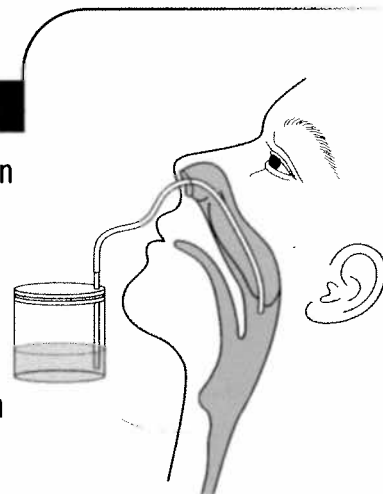
### NASAL/NASOPHARYNGEAL WASH

1. With the patient's head hyper-extended (see other side), instill about 1 mL to 2.5 mL of sterile, normal saline into one nostril with a bulb or syringe.
2. To collect wash, place a clean, dry specimen container directly under the nose with slight pressure on the upper lip.
3. Tilt the head forward and allow the fluid to run out of the nostril into the specimen container.
4. Repeat for the other nostril and collect the fluid into the same specimen container.



### NASOPHARYNGEAL NASAL ASPIRATE

1. Attach mucus trap to suction pump and catheter, leaving wrapper on suction catheter; turn on suction and adjust to appropriate pressure.
2. Without applying suction, insert catheter into the nostril, directed posteriorly and toward the opening of the external ear. *NOTE: Depth of insertion is equivalent to distance between anterior naris and external opening of the ear.*
3. Apply suction. Using a rotating movement, slowly withdraw catheter. Catheter should remain in nasopharynx for no longer than 10 seconds.
4. Hold trap upright to prevent secretions from going into pump.
5. Rinse catheter (if necessary) with approximately 2.0 mL viral transport medium; disconnect suction; connect tubing to arm of mucus trap to seal.



Source:  
\*Heeringa FM, MD, King C, MD.  
Textbook of Pediatric Emergency  
Procedures, Chapter 123: Obtaining  
Biologic Specimens, Williams and  
Williams (April 1997).

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