

# Respiratory PCR Testing Collection Guide

All Tests Require UTM

(universal transport medium)



Test	Collection Instructions
<p><b>Expanded Respiratory Pathogen Panel</b></p> <p><b>Core Respiratory Pathogen Panel</b></p> <p><b>Community COVID/Flu/RSV</b></p>	<p><b>Nasopharyngeal Swab:</b></p> <ol style="list-style-type: none"> <li>1) Hold or cradle the patient's head and tilt it back gently.</li> <li>2) Gently pass the small tipped nasopharyngeal swab up the nose and move back towards the nasopharynx. Note: When you feel the back wall, gently angle the swab down into the nasopharynx.</li> <li>3) Rotate the swab on the nasopharyngeal membrane about 3-5 seconds.</li> <li>4) Remove the swab carefully and place the swab in the UTM vial and snap off the swab at the notched site on the swab. Throw away the shaft in a biohazard container. Place cap on the vial and tighten.</li> <li>5) Place a patient label on the container and put the time and date of collection and your initials.</li> </ol>
<p><b>COVID/FLU/RSV BCH</b></p> <p><b>EMPLOYEE COVID/FLU/RSV BCH</b></p>	<p><b>Nasopharyngeal Swab (see above)</b></p> <p><b>OR</b></p> <p><b>Nasal Self-Collection:</b></p> <ol style="list-style-type: none"> <li>1) Wash hands or use hand sanitizer.</li> <li>2) Remove the swab from the package – do not touch the soft end with your hands or anything else.</li> <li>3) Insert the soft end of the swab into your nostril no more than ¾ of an inch into your nose.</li> <li>4) Slowly rotate the swab, gently pressing against the inside of your nostril at least 4 times for a total of 15 seconds.</li> <li>5) Gently remove the swab, and using the same swab, repeat with the other nostril.</li> <li>6) Place the swab in the sterile tube and snap off the end of the swab at the break line, so that it fits comfortably in the tube.</li> <li>7) Wash hands or use hand sanitizer.</li> <li>8) Place the tube containing the swab in the biohazard bag and seal the bag.</li> </ol>

Updated: November 2023