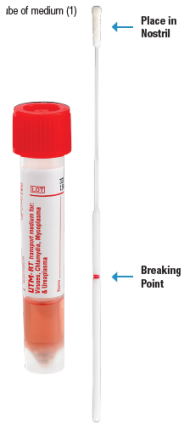
TriHealth Laboratory Services

Patient information- Nasopharyngeal Self-Swab for viral testing

(LAB4300 SARS-CoV2, Influenza A&B,RSV PCR or LAB598 MRPP)

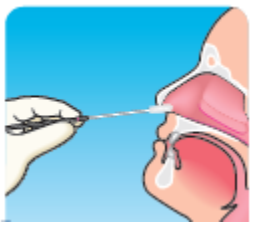
1. Blow your nose to remove excess mucous that may interfere with the test. Wash your hands with soap and water.

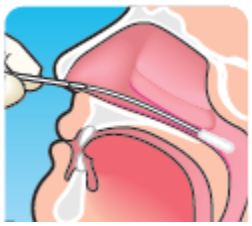
2. Open the packet and remove the skinny, flexible swab. Don't touch the soft tip of the swab with your hands or other surfaces.

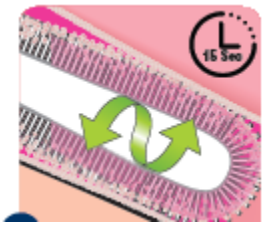


3. Position your head slightly back.

4. GENTLY insert the swab into the nostril. Keep the swab near the septum floor of the nose while gently pushing the swab into the back of the nasal cavity. (About half the distance from the opening of the nostril and the ear.)

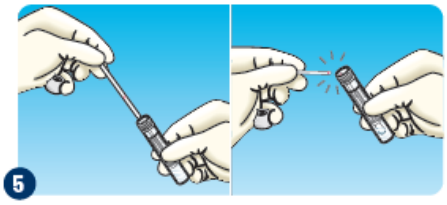






5. When the swab is in place, rotate in a circular motion gently for 10-15 seconds then gently remove the swab. It is normal to want to sneeze or gag.

6. Carefully put the swab into the screw top tube. Snap off the swab at the scored area (weak point halfway down the swab). Do not break the swab at any other place.



7. Discard the broken part of the swab. Make sure the lid is screwed on tight so it does not leak.

8. Label the tube with your full name, date of birth, date, time of collection and swab site (nares).

9. Wash your hands and return labelled tube in the biohazard bag provided to the laboratory.

Medical Directors, TriHealth Laboratories
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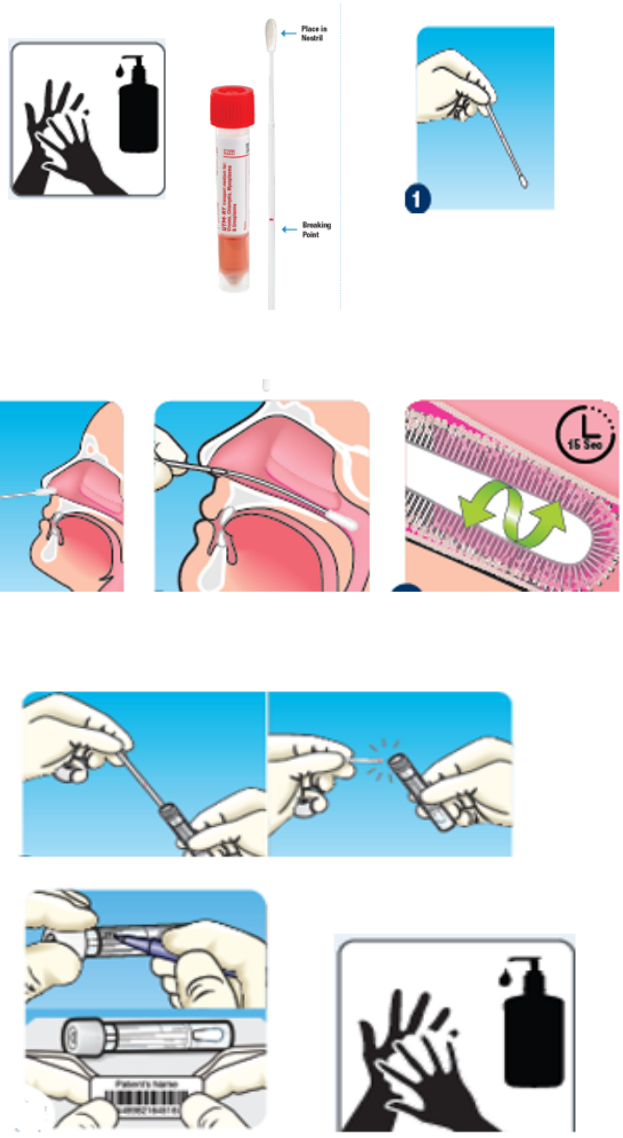
Megan Smith MD—Bethesda Arrow Springs, Bethesda Butler Hospital, McCullough Hyde Memorial Hospital

TriHealth Laboratory Services

Patient information- Nasopharyngeal Self-Swab for viral testing (Spanish)
Información del paciente - Autotoma nasofaríngea para pruebas virales

(LAB4300 SARS-CoV2, Influenza A&B, RSV PCR o LAB598 MRPP)

1. Sople por la nariz para eliminar el exceso de moco que pueda interferir con la prueba. Lávese las manos con agua y jabón.
2. Abra el paquete y saque el hisopo delgado y flexible. No toque la punta suave del hisopo con las manos u otras superficies.
3. Posicione su cabeza ligeramente hacia atrás.
4. INSERTE SUAVEMENTE el hisopo en la fosa nasal. Mantenga el hisopo cerca del piso del tabique nasal mientras lo empuja suavemente hacia la parte posterior de la cavidad nasal. (Aproximadamente a la mitad de la distancia desde la apertura de la fosa nasal hasta la oreja).
5. Cuando el hisopo esté en su lugar, gírelo en un movimiento circular suavemente durante 10-15 segundos y luego retire el hisopo con cuidado. Es normal sentir ganas de estornudar o tener náuseas.
6. Coloque cuidadosamente el hisopo en el tubo con tapa de rosca. Rompa el hisopo en el área marcada (punto débil a mitad del hisopo). No rompa el hisopo en otro lugar.
7. Deseche la parte rota del hisopo. Asegúrese de que la tapa esté bien cerrada para que no se derrame.
8. Etiquete el tubo con su nombre completo, fecha de nacimiento, fecha, hora de recolección y sitio de toma (fosas nasales).
9. Lávese las manos y devuelva el tubo etiquetado en la bolsa de biohazard proporcionada al laboratorio.



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