



## RESPIRATORY PATHOGENS (INCLUDING COVID-19) SPECIMEN COLLECTION INSTRUCTIONS

### MATERIALS PROVIDED

- 1 sterile swab
- 1 sterile collection cup (upon request)
- 1 molecular transport tube
- 1 specimen bag

To request additional supplies, call Customer Care at 505.609.LABS

### SPECIMEN COLLECTION

To ensure safety and validity of the sample, it is important to follow these instructions. Ensure all proper Personal Protective Equipment (PPE) measures are taken.

#### OROPHARYNX SWAB OR THROAT SWAB

1. Guide the swab tip toward the tonsillar area of the posterior oropharynx.
2. Thoroughly and firmly swab the tonsillar area, posterior oropharynx, as well as any area of abnormal redness, inflammation, white patches, or pus.
3. Immediately place the swab in the molecular transport tube.
4. Break the swab at the indentation mark and secure cap on the tube.
5. Keep the tube in the upright position for 10 - 15 minutes.

#### NASOPHARYNX SWAB

1. Insert the swab into the nose parallel to the palate until resistance is encountered or the distance is equivalent to that from the patient's ear to nostril, indicating contact with the nasopharynx.
2. Thoroughly swab the nasal passage by rotating the swab 5-10 times.
3. Immediately place the swab in the collection tube, break the swab at the indentation mark, and secure cap on the tube.
4. Keep the tube in the upright position for 10 - 15 minutes.

#### COUGH SPUTUM SWAB

1. Ensure all proper Personal Protective Equipment (PPE) measures are taken.
2. Have the patient take three deep breaths, cough, and then spit phlegm into the specimen cup (do not spit only saliva)
3. Place the swab directly into the sputum sample and swirl 4-5 times to collect.
4. Immediately place the swab in the molecular transport tube.
5. Break the swab at the indentation mark and secure cap on the tube.
6. Keep the tube in an upright for 10 - 15 minutes.

**DO NOT SEND THE COLLECTION CUP. IF CUP IS RECEIVED, SPECIMEN WILL IMMEDIATELY BE DISCARDED!**