

COVID-19 and Respiratory Multiplex PCR Self-collect Instructions For Patients

IMPORTANT: YOU MUST HAVE A VALID PATHOLOGY REQUEST FORM TO COMPLETE THIS TEST

Collection Directions

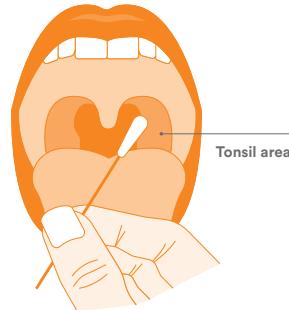
STEP 1: Preparation

1. Wash/sanitise hands.
2. Ensure the swab container is labelled with your surname, first name, date of birth, time and date of collection, site of collection (nose, throat).
3. Ensure your pathology request form is signed and inserted into the specimen bag provided.



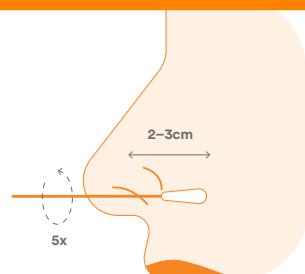
STEP 2: Throat swab

1. Carefully unscrew the lid and remove the swab from the container.
2. Do not touch any part of the swab other than the handle of the swab.
3. Tilt your head back slightly and stick out your tongue.
4. Without touching the sides of the mouth, swab the back of the throat and the tonsil area on both sides of the throat.
5. Withdraw the swab carefully, taking care not to touch any other part of the mouth.



STEP 3: Nasal swab

1. Insert the tip of the same swab 2-3 cm horizontally into one nostril, or as far as is comfortably possible.
2. Rotate the swab 5 times and then leave in position for 5-10 seconds to absorb any material present.
3. Repeat on other nostril.
4. Withdraw the swab carefully, taking care not to touch the exposed tip.
5. Insert swab into the container and ensure lid is secure.



STEP 4: Packaging and transport

1. Place the labelled swab and signed pathology request form into the specimen bag provided.
2. Drop off your self-collect kit to a Clinical Labs collection centre immediately after sample collection.



Scan this barcode or visit
clinicalabs.com.au/location to search
for a drop-off location near you

