

# NASOPHARYNGEAL SWAB COLLECTION GUIDE



## Your role on the diagnosis of COVID-19 is crucial

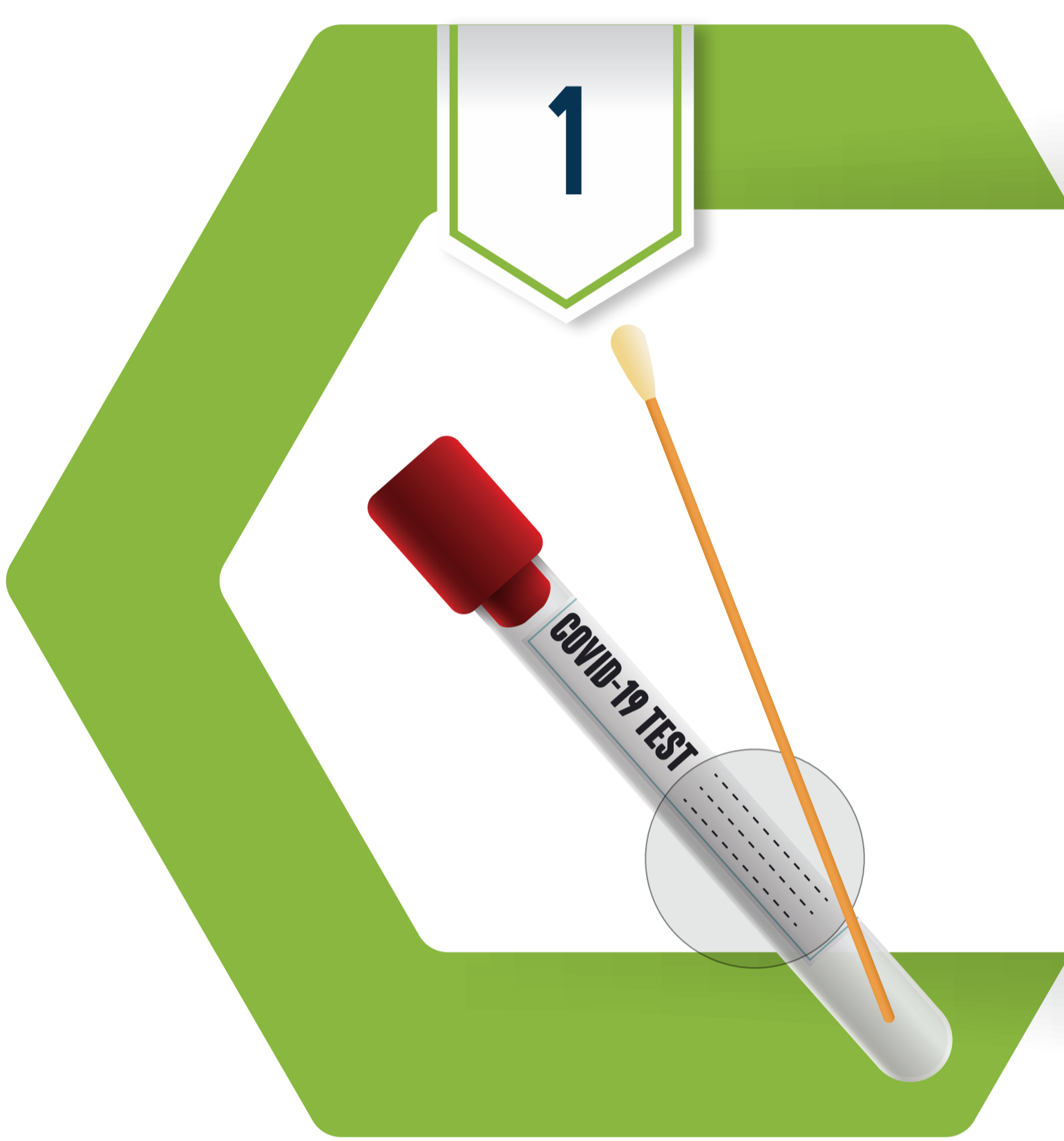
The preferred screening/testing technique is molecular diagnosis using a nasopharyngeal sample

## NASOPHARYNGEAL SWAB<sup>1</sup>

This step by step will show you how to collect a good quality sample to be tested.<sup>1-4</sup>

## BEFORE THE COLLECTION<sup>2,4</sup>

1



### 1. Assemble the Supplies

- The laboratory test kit will be provided to you.
- Label the vial with:
  - ✓ Patient's ID
  - ✓ Date of birth
  - ✓ Date of collection

2

### 2. Explain the Procedure to the Patient

“The procedure is easy and quick”

- I will introduce a **swab inside your nose**.
  - **Rotate** it to get a good quality sample to be tested.
- It can be a little uncomfortable, but it is very quick. You might sneeze or have a running nose, but do not worry.



3



### 3. Protect Yourself

- Wash your hands.
- Put on the personal protective equipment at a minimum:
  - ✓ Gloves
  - ✓ Face mask

4

### 4. Clean Patient's Nose

- Encourage the patient to blow his or her nose to clear nasal passage.
- If the patient is unable to perform this task, wipe the nostrils with a cotton tip swab or tissue.



5



### 5. Seat the Patient in a Comfortable Chair/Bed

- It is best if the **patient is placed in an upright position in bed with the back of the head supported**.

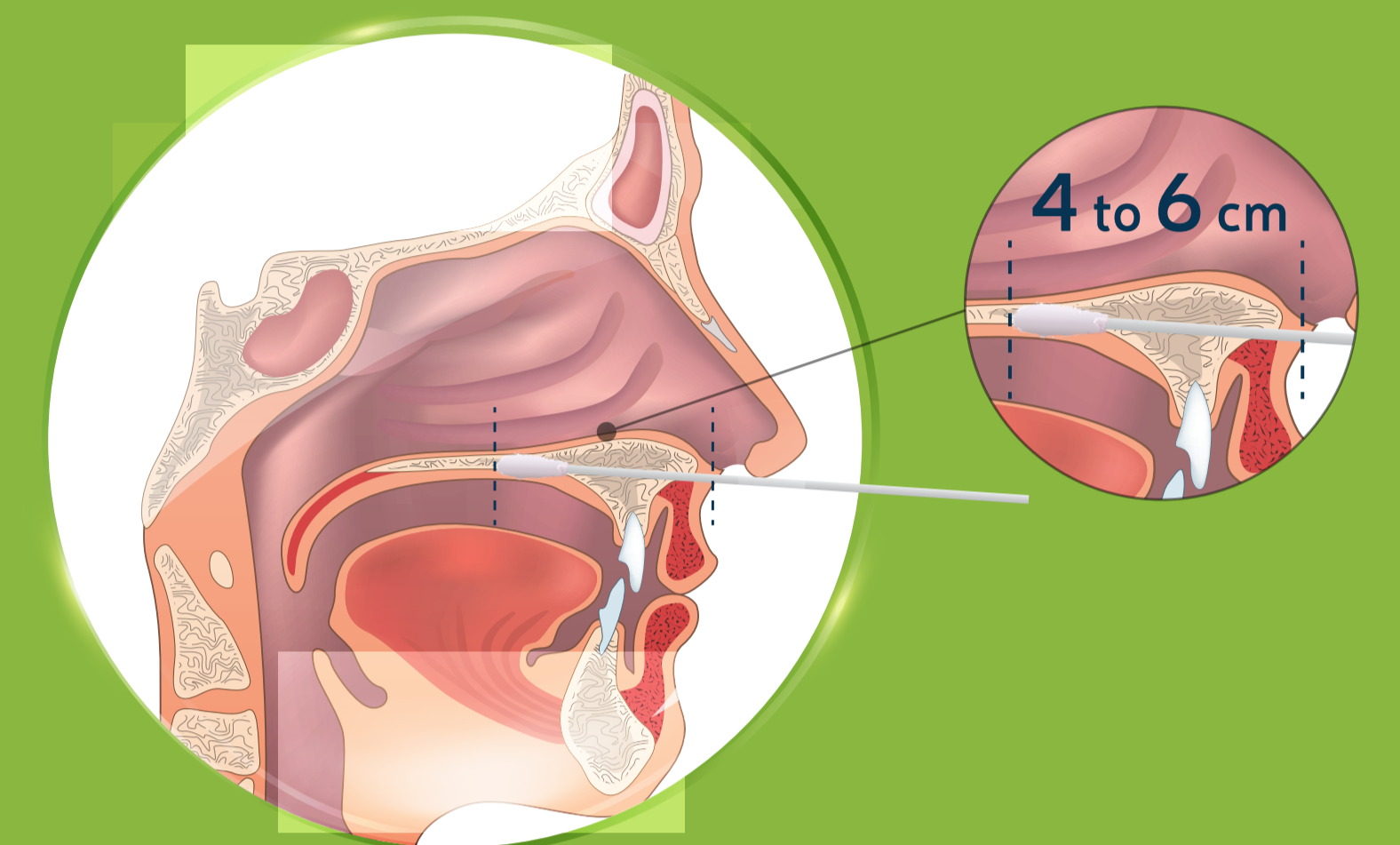
#### References:

1. England.National Health Service.United Kingdom. 2020. *Guidance And Standard Operating Procedure COVID-19 Virus Testing In NHS Laboratories*. [online] Available at: <https://www.england.nhs.uk/coronavirus/wp-content/uploads/sites/52/2020/03/guidance-and-sop-covid-19-virus-testing-in-nhs-laboratories-v1.pdf> [Accessed 8 April 2020].
2. Ottawa public health. Canada. 2020. *How To Collect A Nasopharyngeal (NP) Swab*. [online] Available at: <https://www.ottawapublichealth.ca/en/professionals-and-partners/how-to-collect-a-nasopharyngeal--np--swab.aspx> [Accessed 8 April 2020].
3. Health & Social Services. Yukon. 2020. *Nasopharyngeal Swab Procedure*. [online] Available at: <http://www.hss.gov.yk.ca/pdf/npswab.pdf> [Accessed 8 April 2020].
4. KOB 4. 2020. *COVID-19: Doctor Explains How The Nasal Swab Procedure Works*. [online] Available at: <https://www.kob.com/albuquerque-news/covid-19-doctor-explains-how-the-nasal-swab-procedure-works-/5678373/> [Accessed 8 April 2020].

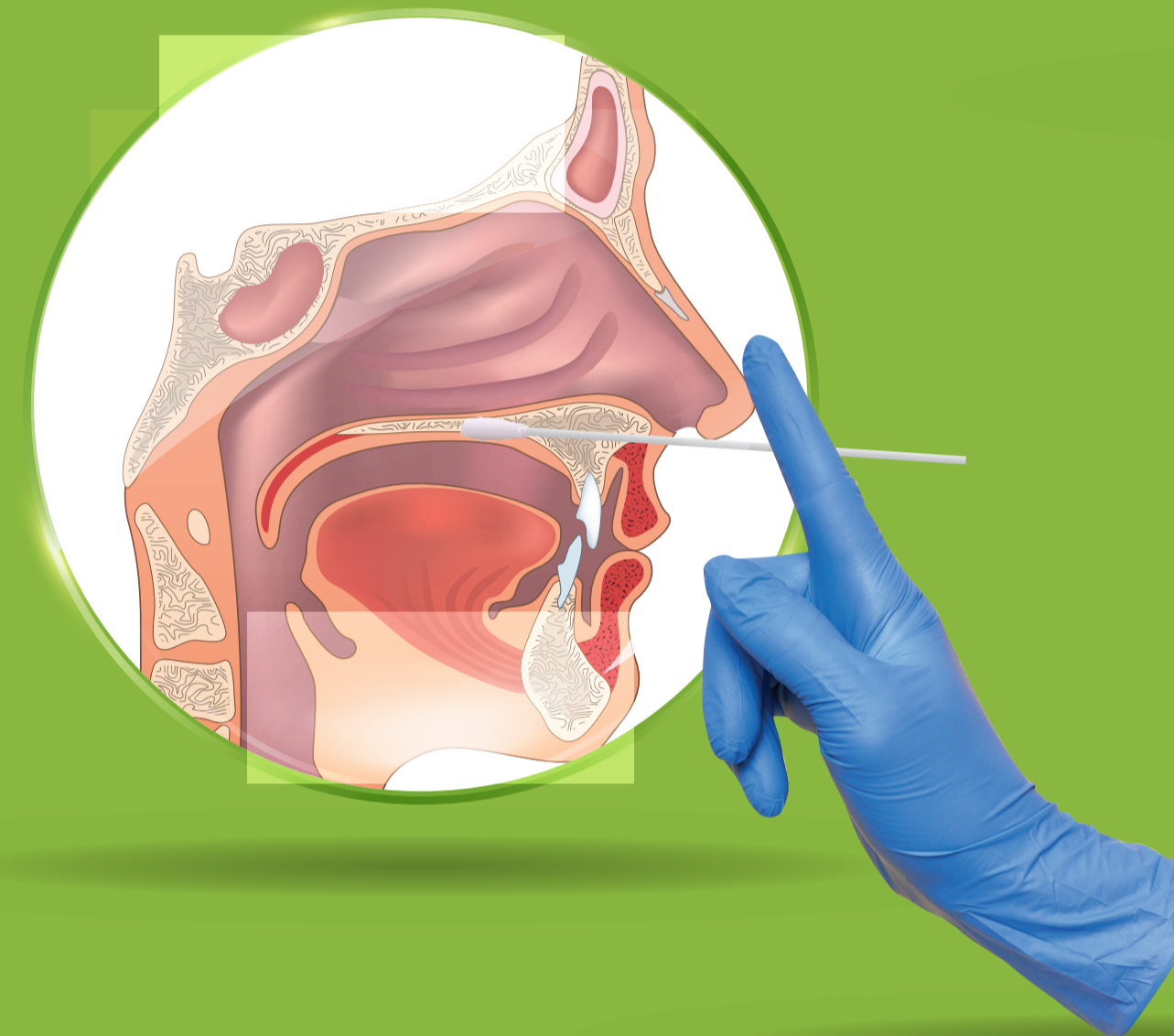
# NASOPHARYNGEAL SWAB COLLECTION GUIDE

## THE COLLECTION<sup>1</sup>

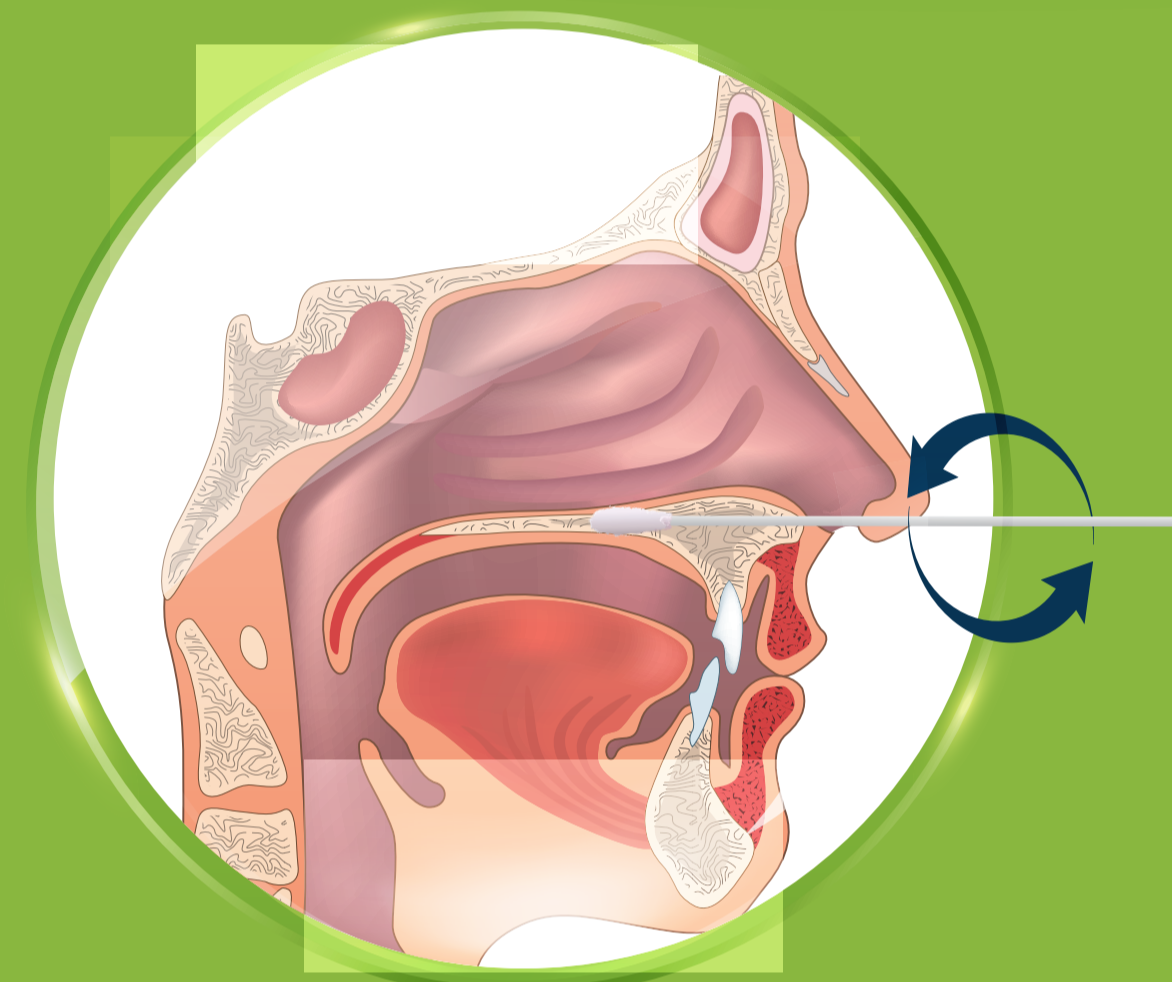
- 6 Insert the Swab**  
With the person's head in a neutral position, enter a flexible swab several centimeters with a slow, steady motion along the floor of the nose (straight back, not up the nose) until the posterior nasopharynx has been reached (generally one half the distance from the corner of the nose to the front of the ear (about 4 to 6 cms or 2.5 - 1.6 inches).



- 7 Place Finger on the Tip**  
of the patient/resident's nose and depress slightly.



- 8 Rotate and Finish**  
Once resistance is met (the swab should pass into the pharynx relatively easily), rotate the swab several times and withdraw the swab.



## AFTER THE COLLECTION<sup>1</sup>

- 9**  
• Place the swab in the tube provided and close it.



- 10**  
• Break off top of swab (it will snap off).



- 11**  
• Remove personal protective equipment.  
• Wash hands.



- 12**  
**Send to the Laboratory**  
• Ensure the specimen is labeled as COVID-19 specimen and the test location.  
• Transport to the laboratory with completed requisition. Follow lab instructions for transferring COVID sample.

**NOW, YOU ARE  
READY** THANK YOU FOR YOUR  
VALUABLE  
CONTRIBUTION!



**References:**

1. Health & Social Services. Yukon. 2020. *Nasopharyngeal Swab Procedure*. [online] Available at: <<http://www.hss.gov.yk.ca/pdf/npswab.pdf>> [Accessed 8 April 2020].