INSTRUCTIONS FOR THE COLLECTION OF SALINE GARGLES FOR COVID-19

Date: 2021-2-22

PRIOR TO SAMPLE COLLECTION, THE PATIENT MUST AVOID EATING, DRINKING, CHEWING GUM, SMOKING, BRUSHING TEETH FOR 1 HOUR. PATIENTS SHOULD AVOID PRACTICING TO GARGLE AT LEAST 2 HOURS PRIOR TO COLLECTION.

HOW TO COLLECT THE SAMPLE (Instructional Video Link – [https://vimeo.com/454853648/9fea052f09]; or Pediatric Video Link – [https://vimeo.com/480826990])

1. Explain the procedure to the patient. Ask them to wash/sanitize their hands.
2. When collecting the specimen, wear eye protection, gown, gloves, and a mask. Change gloves and wash your hands between each patient.
3. Twist the top off of the sterile saline. Ask the patient to remove their mask, tilt their head back, and open their mouth.
4. Depending on patient age and ability, the saline should be squeezed into the open mouth by the health team member, a guardian, or themselves.
5. Instruct the patient not to swallow the saline, and to put their mask back on.
6. Instruct the patient to swish saline back-and-forth in their cheeks for approximately 5 seconds, then tip their head back to gargle for 5 more seconds. They should repeat this cycle two more times, for a total of 30 seconds.
7. When complete, ask them to remove their mask and spit the saline gargle into the dry sterile container. Refrigerate the sample.
8. Ask the patient to wash/sanitize their hands.
9. Attach completed requisition and transport to the laboratory.

MAKE SURE THE SPECIMEN LABEL INCLUDES
- Patient’s legal name and date of birth
- Patient’s Health Card Number or another unique identifier (as determined by healthcare provider)

MAKE SURE THE REQUISITION FORM INCLUDES
- Patient’s legal name and date of birth
- Patient’s Health Card Number or another unique identifier (as determined by healthcare provider)
- Date and time of collection
- Physicians full name, address and physician registration number

Note: If the specimen and requisition are not labelled correctly, the specimen will not be processed.

DELIVER THE SPECIMEN

delivery of sample(s) to the regional laboratory should occur within 4 hours from time of collection. *If transportation is delayed beyond 4 hours, the specimens should be refrigerated and transported to the laboratory using a cooler with ice packs. transport logistics needs to be maximized to ensure that specimens are received by the laboratory within 24 hours.

<table>
<thead>
<tr>
<th>Containers</th>
<th>Specimen Source</th>
<th>Store Before Collection</th>
<th>Store After Collection</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 ml ADDIPAK sterile saline plastic ampule</td>
<td>Sterile saline gargle from throat</td>
<td>Room Temperature</td>
<td>Refrigerate</td>
</tr>
<tr>
<td>Dry empty sterile container (orange cap)</td>
<td>*saline and container may be different depending on available supplies</td>
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<td></td>
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</tbody>
</table>

*Saline and container may be different depending on available supplies.