

## INSTRUCTIONS FOR THE COLLECTION OF A NASOPHARYNGEAL SWAB FOR RESPIRATORY VIRUSES

Container		Store Before Collection	Store After Collection
Nasopharyngeal Swab Collection kit		Room Temperature	*Refrigerate

### HOW TO COLLECT THE SAMPLE or view online <http://www.youtube.com/watch?v=TFwSefezIHU>

1. Use the swab supplied with the viral transport media.
2. Explain the procedure to the patient.
3. When collecting the specimens, wear eye protection, gloves, gown and a mask. Change gloves and wash your hands between each patient.
4. If the patient has a lot of mucus in the nose, this can interfere with the collection of cells. Either ask the patient to use a tissue to gently clean out visible nasal mucus or clean the nostril yourself with a cotton swab (e.g. Q-Tip).
5. How to estimate the distance to the nasopharynx: prior to insertion, measure the distance from the corner of the nose to the front of the ear and insert the shaft **approximately 2/3 of this length**.
6. Seat the patient comfortably. Tilt the patient's head back slightly to straighten the passage from the front of the nose to the nasopharynx to make insertion of the swab easier.
7. Insert the swab provided along the medial part of the septum, along the floor of the nose, until it reaches the posterior nares; gentle rotation of the swab may be helpful. (If resistance is encountered, try the other nostril; the patient may have a deviated septum.)
8. Allow the swab to sit in place for 5-10 seconds.
9. Rotate the swab several times to dislodge the columnar epithelial cells. *Note: Insertion of the swab usually induces a cough.*
10. Withdraw the swab and place it in the collection tube.
11. Refrigerate immediately.
12. Remove gloves.
13. Wash hands.
14. Attach completed requisition.
15. Transport to the laboratory.

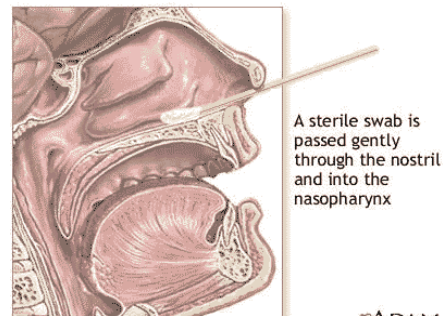


Image obtained from <http://www.nlm.nih.gov/medlineplus/ency/imagepages/9687.htm>

### 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
- Patient's Health Card Number or another unique identifier (as determined by healthcare provider)
- Date and time of collection
- Patient's date of birth
- 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 QEII laboratory within 24 hours.