



THROAT/NASAL SWAB SAMPLE COLLECTION

Sample collection instructions

Please read these instructions first, slowly and carefully, the whole way through before attempting to collect your sample.

Clearly complete the Name Label using a ball point pen with:

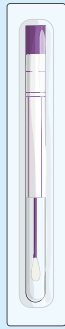
- Your Surname • Your Date of Birth • Your First Name • Date of Swab Collection

Sample self-collection is carried out at an individual's own risk.

Your sample collection pack contents



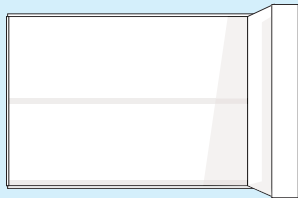
Self addressed, post paid mailer



Throat Swab

Request Form	
First Name	_____
Surname	_____
DOB	_____
Sex	_____
<i>EXAMPLE</i>	

Request form x 1



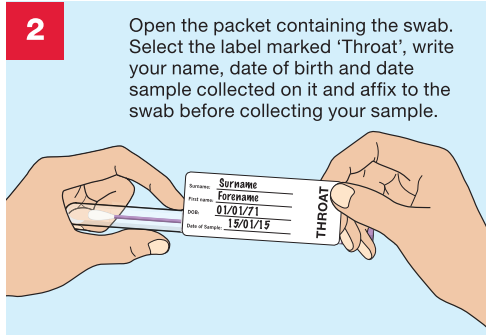
Test kit box

Surname	_____	THROAT
First Name	_____	
DOB	_____	
Date of Sample	_____	

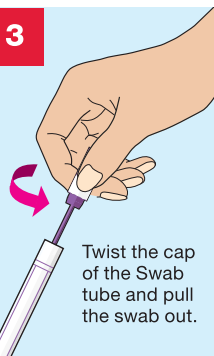
Your name label



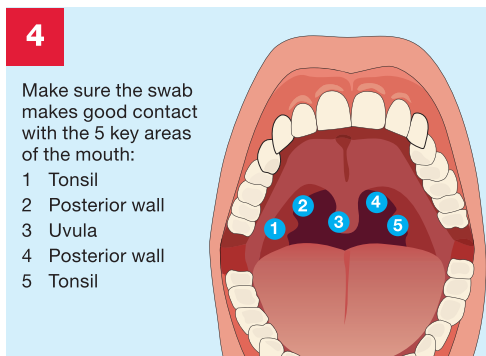
Wash your hands.



Open the packet containing the swab. Select the label marked 'Throat', write your name, date of birth and date sample collected on it and affix the swab before collecting your sample.

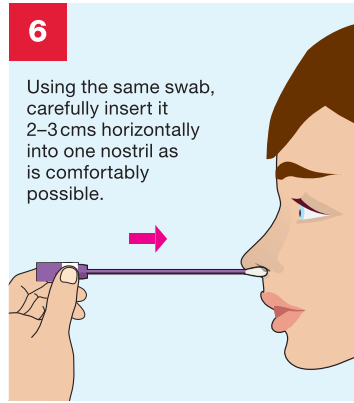


Twist the cap of the Swab tube and pull the swab out.

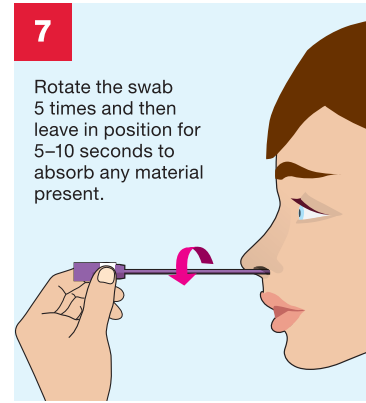


Make sure the swab makes good contact with the 5 key areas of the mouth:

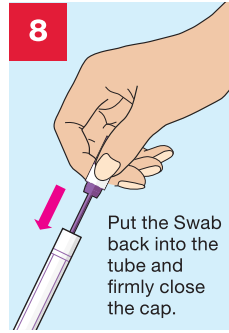
- 1 Tonsil
- 2 Posterior wall
- 3 Uvula
- 4 Posterior wall
- 5 Tonsil



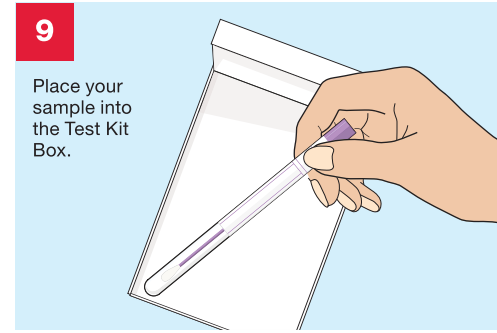
6 Using the same swab, carefully insert it 2-3 cms horizontally into one nostril as is comfortably possible.



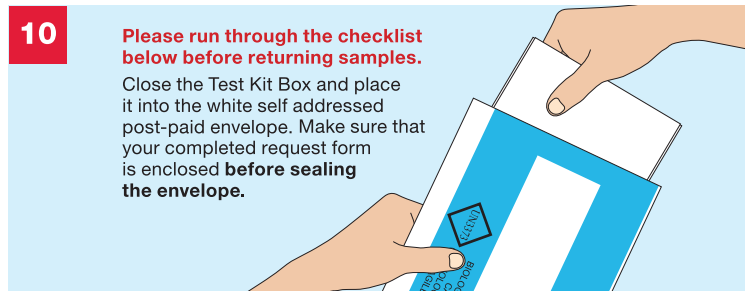
7 Rotate the swab 5 times and then leave in position for 5-10 seconds to absorb any material present.



8 Put the Swab back into the tube and firmly close the cap.



9 Place your sample into the Test Kit Box.



10 Please run through the checklist below before returning samples.

Close the Test Kit Box and place it into the white self addressed post-paid envelope. Make sure that your completed request form is enclosed **before sealing the envelope.**

CHECKLIST

Before you return your samples please tick off the contents of the self addressed post-paid envelope.

- Completed Request form
- Throat/Nasal swab inside the collection bottle

You are now ready to seal the self addressed post-paid envelope.

Please post your samples to **The Doctors Laboratory** as soon as possible from **ANY** Royal Mail post box in the UK. No stamp is required within the UK.

If you need assistance please contact The Doctors Laboratory on 020 7307 7373 or email tdl@tdlpathology.com.