

# Nasal Swab Collection Instructions (Healthcare Professional)

If you do not have an account set-up with Exact Sciences Laboratories, please call 844-570-9730.

1. Complete the patient label. Record the following patient details on the label in ink. Set aside until collection is complete (**see image A**):

- First name and Last name
- Date of Birth
- Date of Collection (DOC)
- Time of Collection (TOC)

A.

Joe Smith  
1/1/1960  
3/26/2020  
06:00 AM

2. Loosen the cap on the tube but do not remove the cap from the tube.

3. Remove swab from wrapper (**see image B**).

4. Swab both nostrils (**see image C**).

5. After swabbing both nostrils, remove the cap from the tube and place the swab into the media.

6. Vigorously swirl the swab in the media. Perform this swirling for at least 10 seconds.

7. Slowly pull the swab out of the liquid until it is resting on the inside of the tube with no media around it.

8. Press the swab against the inside of the tube to squeeze as much liquid as possible out of the end of the swab and into the tube.

9. Discard the used swab in an appropriate waste container.

10. Replace the cap back onto the tube.

11. Tighten the cap until secure.

12. Place label around the middle of the tube, ensuring that the label does not overlap with the tube lid (**see image D**).

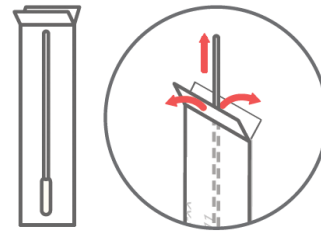
13. Place sample in bag with absorbent pad and seal bag.

14. Specimens must arrive within 72 hours of collection if shipped without refrigeration and exposed to temperature ranges encountered during normal transport

- Specimens will be accepted after 72 hours if they were frozen at  $\leq -70^{\circ}\text{C}$  immediately after collection and shipped with plenty of dry ice
- Collection tubes must be intact, not leaking, and without gross contamination

For any additional questions, please contact our COVID support team at **844-570-9730**

B.

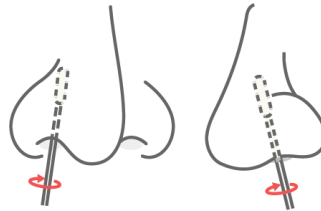


## Open Nasal Swab

Remove the nasal swab from the wrapper by pulling the two ends of the wrapper apart (like you would to open an adhesive bandage).

Be careful to only touch the swab handle, not the swab tip.

C.



## Swab Nose

Gently insert the **entire** soft tip of the swab into one nostril until you feel a bit of resistance and rub it in a circle inside the nose **4 times**.

Next, gently insert **the same swab** into the other nostril and rub it around the same way.

D.

