



UPPER RESPIRATORY SAMPLE COLLECTION INSTRUCTIONS

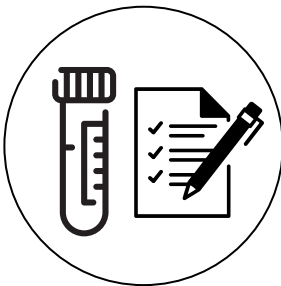
Please read and follow these instructions carefully BEFORE collecting a respiratory sample to ensure accurate results!

Note: Trained personnel should collect the sample, for example: an MD, RN, DO, NP, PA ND, DC, or trained MA.
If you have any questions about sample collection please contact you doctor or medical provider.



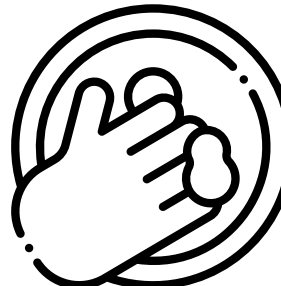
IMPORTANT: There are TWO swabs in your package! 1 for nasal, 1 for throat.

STEP 1: TEST REQUISITION FORM COMPLETION



- Complete ALL highlighted areas on the lab order/Test Requisition Form (TRF).
- Include payment information, if indicated.
- *Missing or illegible info on the TRF can result in a hold on resleasing result, fill out the form carefully and completely, and return it with the sample!*

STEP 2: HYGIENE & TUBE LABELING

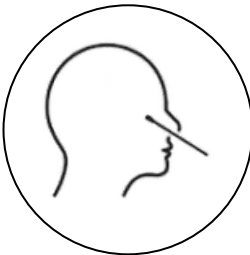


- Wash/dry hands, put on gloves.
- Open sterile packages and remove tubes and swabs.
- Write patient’s last name, Date of Birth (DOB) and collection date on both tubes. Specify which tube is “Nasal” and which tube is “Throat” on the specimen line.

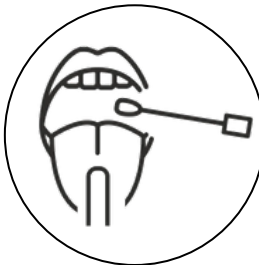
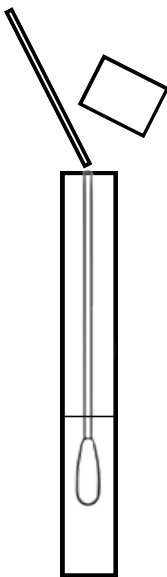
Name: _____	✓	DOB: _____	✓
Specimen: _____	✓	Date: _____	✓

STEP 3: SAMPLE COLLECTION

Nasal Swab Collection



- Ask if patient has used any nasal medications in the last 48 hours.
- Ask patient to tilt head back slightly.
- Gently insert swab 1/2" to 3/4" into one nostral.
- Firmly rotate swab against nasal mucosa for 3-5 seconds. Repeat in second nostral with same swab.
- Unscrew the “Nasal” tube lid. Place the swab in the tube with the cotton tip facing down in the liquid.
- Break the swab at the line and discard the top. Screw the lid back onto the tube. Make sure it is closed tightly.



Throat Swab Collection

- Ask patient to tilt head back and open mouth wide.
- Use included tongue depressor to hold tougue down
- Visually identify areas of inflammation, exudate or ulceration.
- Pass swab firmly over posterior pharynx, tonsils, tonsillar pillars, and any areas of noted above, avoiding contact other oral surfaces.
- Place the swab in the “Throat” tube following the same procedure outlined for the nasal swab.

See reverse side for post-collection and shipping instructions →

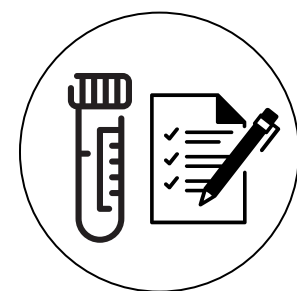


UPPER RESPIRATORY SAMPLE COLLECTION INSTRUCTIONS

RSM Diagnostics Lab - Contact: 302-592-4106 (8:30am - 4:30pm EST, M-F)

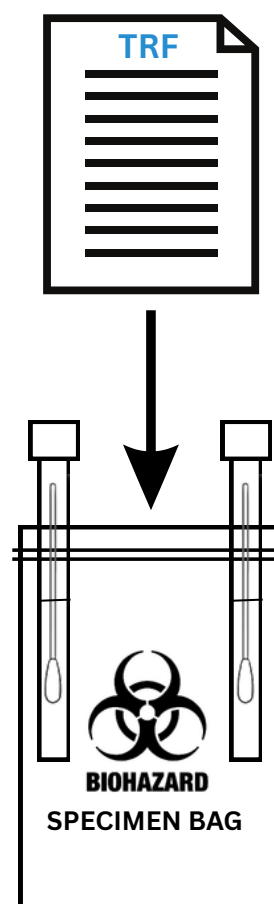
2500 Grubb Road, Suite 120, Wilmington, Delaware 19810

www.rsmdiagnosticlab.com

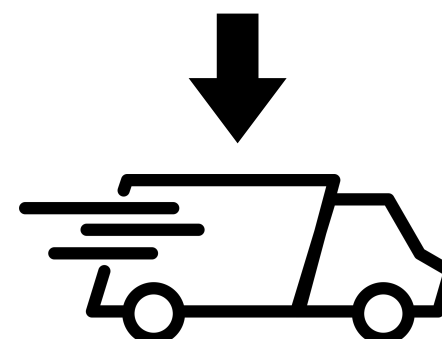
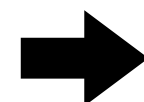


STEP 4: POST COLLECTION

- Make sure tube lids are secured tightly.
- Make sure tubes are labeled correctly as “Nasal” or “Throat”.
- Make sure tubes are labeled with **patient last name, date of birth (DOB), and specimen collection date.**
- Place the specimen tube(s) inside the included biohazard bag.
- Seal the bag with the zip-lock top.
- Place the TRF in the *outside* pouch of the biohazard bag.



Name: _____	DOB: _____
Specimen: _____	Date: _____



Ship Mondays thru Wednesdays

STEP 5: SHIPPING SAMPLE BACK TO RSM

- Place the sealed biohazrd bag and TRF into the included, pre-labeled FED-EX, UPS or USPS Laboratory/Clinical Shipping Pak and seal. Note: if you have additional samples, place ALL samples into the same return bag before sealing!
- Take the sealed Laboratory/Clinical Pak to the nearest corresponding shipping location for drop-off **WITHIN 24 HOURS** of collection. Note *the shipping tracking number can be found on the shipping label attached to the Clinical Pak.*
- Shipping your sample back to RSM is best done on Monday thru Wednesday to insure the sample arrives before the weekend. Do NOT ship Thursday - Sunday. If specimen is collected on those days, REFRIGERATE (do not freeze) specimen and ship the following business day/Monday.