

COVID-19 Self-collection Guide For Patients

The COVID-19 pandemic presents significant challenges to the Australian healthcare system.

To help limit the spread of the virus to collection staff, doctors and other patients, Australian Clinical Labs have prepared this self-collection guide. It will assist patients to confidently self-collect throat and nasal specimens that in turn, allow them to receive the most accurate and reliable results from our laboratories.

Where to collect your sample

You can arrange a self-collect of a swab at one of our dedicated screening centres (see attached listing).

You will be asked to call the screening centre number and wait in your car for further instruction

Important note

Make sure you have a pathology request form for COVID-19 testing which specifies the criteria for testing and is signed by your referring doctor.

If you are experiencing severe illness (severe coughing and shortness of breath) please visit your nearest emergency department.

Collection Directions

NOTE: Refrain from use of cough syrups, oral or nasal sprays, drinking, eating or smoking for 1 hour prior to collection.

STEP 1: Preparation

1. Wash/sanitise hands.
2. Ensure the swab is labelled with your surname, first name, date of birth, gender, time and date of collection, and site of collection (throat and nose)



While an orange top swab is preferred we are accepting all dry swabs

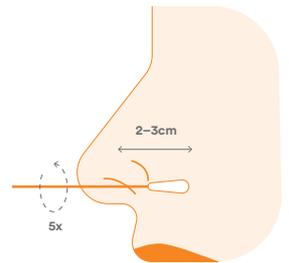
STEP 2: Throat swab

1. Carefully unscrew the lid and remove the swab from the container.
2. Do not touch any part of the swab other than the handle of the swab.
3. Tilt your head back slightly and stick out your tongue.
4. Without touching the sides of the mouth, swab the back of the throat and the tonsil area on both sides of the throat.
5. Withdraw the swab carefully, taking care not to touch any other part of the mouth.



STEP 3: Nasal swab

1. Next, insert the tip of the same swab 2-3 cm horizontally into one nostril, or as far as is comfortably possible.
2. Rotate the swab 5 times and then leave in position for 5-10 seconds to absorb any material present.
3. Withdraw the swab carefully, taking care not to touch the exposed tip.
4. Insert swab into the container.
5. Ensure lid is secure so the swab or contents do not leak.



STEP 4: Packaging and transport

1. Place the labelled swab into the specimen bag provided.

To speak to a Clinical Labs customer service team member, please call 1300 453 688.

For general questions or information about Coronavirus, please call: National Coronavirus Health Information Line – 1800 020 080.