

# 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 nasal specimens that in turn, allow them to receive the most accurate and reliable results from our laboratories.

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

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

## Important:

- 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.
- Self collection is only available for patients over 16 years of age.
- Ideally please visit a Clinical Labs Covid-19 clinic (see [clinicallabs.com.au/coronavirus-patient](http://clinicallabs.com.au/coronavirus-patient) for details), including our drive thru clinic at 14 Lexington Drive, Bella Vista 2153. If you are unable to attend a clinic, self collection is available.
- If you have a productive cough you will also be asked to provide a sputum sample.

## Collection Instructions

**NOTE:** Refrain from use of cough syrups, oral or nasal sprays, drinking, eating or smoking for 1 hour prior to collection. Please follow instructions carefully to avoid a false negative result.

### STEP 1: Preparation

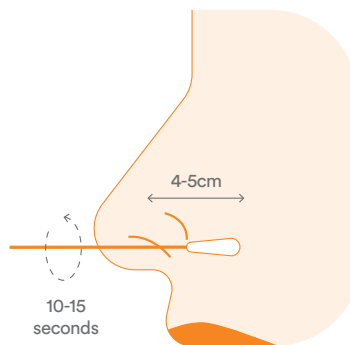
1. Wash/sanitise hands.
2. Ensure the swab is labelled with your surname, first name, date of birth, gender, time and date of collection, and site of collection (nose).



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

### STEP 2: Nasal swab

1. Tilt your head, insert the tip of the swab into the nostril along the floor of the nasal cavity 4-5cm, rotate gently for 10-15 seconds to absorb any material present.
2. Withdraw the swab carefully taking care not to touch the exposed tip.
3. Repeat in the other nostril.
4. Withdraw carefully and insert the swab into the container.



NOTE: The swab should be inserted in both nostrils

### STEP 3: Packaging and transport

1. Place the labelled swab into the specimen bag provided.
2. Sign and insert pathology request form into the side pocket of the specimen bag.
3. Return the specimen bag (including contents) to the doctor immediately.



Scan this barcode with your device to view a short video demonstration. The video is available to view at [clinicallabs.com.au/coronavirus-patient](http://clinicallabs.com.au/coronavirus-patient)