



Respiratory Pathogens Specimen Collection Instructions

Materials Provided:

- 2 sterile swabs
- 1 molecular transport tube
- 1 UPS/FedEx Lab Pak mailer
- 1 sterile collection cup
- 1 specimen bag

Specimen Collection

To ensure safety and validity of the sample it is important to follow the instructions provided below.

Step One – Nasal Swab

1. Remove the sterile swab from the packaging.
2. Insert the swab into the nose parallel to the palate until resistance is encountered or the distance is equivalent to that from the patient's ear to nostril, indicating contact with the nasopharynx.
3. Thoroughly swab the nasal passage by rotating the swab 5-10 times.
4. Immediately place the swab in the molecular transport tube, taking care not to spill the transport media.
5. Break the swab at the indentation mark, and secure cap on the tube.

Step Two – Sputum Collection

1. Have the patient take three deep breaths, cough, and then spit phlegm into the specimen cup (do not spit only saliva.)
2. Remove the sterile swab from the packaging.
3. Place the swab directly into the sputum sample and swirl 4-5 times to collect.
4. Immediately place the swab in the same collection tube with the nasal swab.
5. Break the swab at the indentation mark and secure cap on the tube.

Step Three - Specimen Packaging for Transport

1. Label the transport tube with two patient identifiers.
2. Place the transport tube into the provided specimen bag.
3. Keep the tube in an upright position for 10 – 15 minutes before placing it in the mailing envelope.
4. Place all samples collected for the day into a provided UPS/FedEx Lab Pak mailer. Seal the mailer and place a shipping label on the outside.

