

You must know the steps to follow before performing a diagnostic swab test and read the instructions that come with the swab testing kit.

**Keep out of the reach of children**  
Clean the spills with household bleach or disinfecting wipes  
Do NOT swallow the solution  
Do NOT reuse the device/pack



Scan QR Code for Safety information and Material safety data sheets or click [here](#).

## Before performing the test:

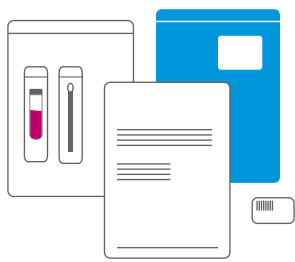
- + **you must NOT** eat immediately before taking the test
- + **gently blow your nose** into a tissue and dispose of immediately into a bin
- + **you must wash your hands** with soap and water or alcohol based hand rub (ABHR)
- + **check the contents** of the swabbing kit are all included\*, and the expiry dates on the self-sealed bag and individual components of the kit

## The swab test kit consists of:

- + **a self-sealed** plastic bag
- + **a small bottle** containing liquid
- + **a swab** (long stick with a 'cotton bud' at the end)
- + **an inner bag** with an absorbance liner to put the sample bottle in when complete
- + **a spare barcode label** to be attached to your own record
- + **a plastic bag** used to transport up to 20 sample kits back to the laboratory

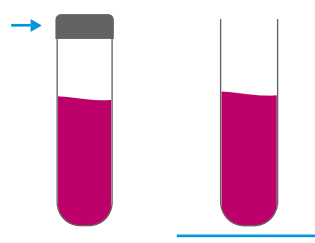
\*Immediately notify [customerservices@nhs.scot](mailto:customerservices@nhs.scot) if the bag is open, damaged, or if there is missing components, quoting the virus swabbing test kit and reference number.

1



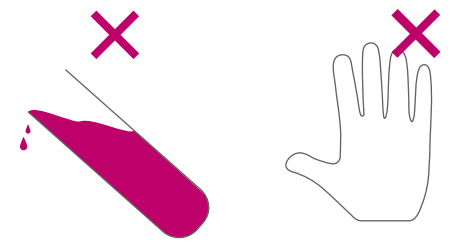
**\*Check your testing bag.** If the bag is opened, damaged or missing components do NOT use the kit. Register the bar code against your unique identifier code on the website as advised by your organisation.

2



**Take the small bottle** containing the liquid and place on a clean, dry stable surface. Unscrew the lid and place on the surface.

3



**Do NOT pour liquid out.** The laboratory uses it to detect the virus. **Do NOT touch the liquid or get it on your skin.** If you do, please wash your skin immediately with lots of water.

4



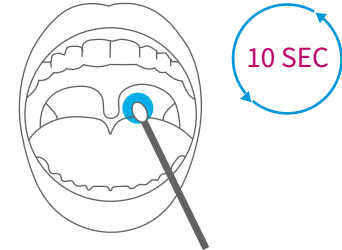
Remove swab from package, holding it at the end of the stick. **Do NOT touch** the tip of the swab to avoid contamination.

5



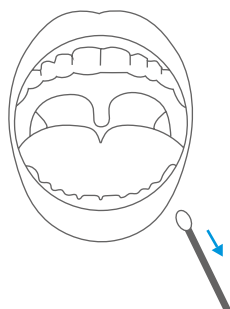
Stand in front of a mirror, open your mouth as wide as possible so you can see the **back of your throat and tonsils** if you have them.

6



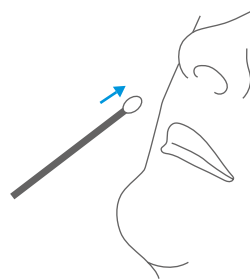
**Do NOT touch** the tongue, teeth, or gums with the swab. **Place swab right at the back of the mouth**, and rotate it along the back of the throat and tonsils for 10 seconds.

7



Remove the swab from your mouth being careful **NOT to touch the tongue, teeth, or gums.**

8



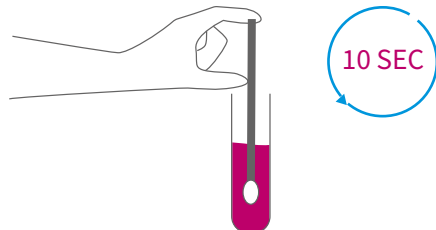
**Tilt your head back and gently insert the same swab**, along the floor of the nasal passage about one inch (2.5cm) into the nostril until gentle resistance is felt.

9



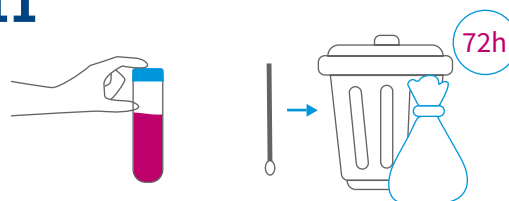
Rotate the swab gently against the inside lining of the nose for 10-15 seconds. Remove the swab carefully **without touching the external nasal skin or face.**

10



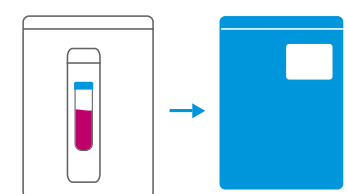
**Place the tip of the swab into the bottle with the liquid** and swirl the swab in the liquid for 10 seconds. As you remove the swab from the bottle, press the tip against the inside of the bottle to squeeze out any remaining liquid.

11



**Securely replace the bottle lid.** Place used swab in a clinical waste receptacle, or in a tied bin bag and store the bin bag safely for 72 hours before placing it in your outside bin. Now wash your hands.

12



Place sample bottle into the inner bag and firmly seal. Then place this bag in the self-sealed bag and then into transit bag. **There should be no more than 20 samples in the transit bag.** Send transit bag via courier for testing and retain the spare barcode for your records.