



How to Self-Collect a COVID-19 sample

This guide explains how to use a swab to self-collect a sample from your throat and nose.

YOUR SPECIMEN PACK CONTAINS:

- One swab.
- One tube with a yellow or purple lid.
- One specimen label.
- One specimen bag.

PREPARATION – BEFORE YOU START

- Watch the self collection video - visit wdp.com.au or scan the QR code below with your smart phone.
- Wash or sanitise your hands before and after collecting your sample.
- Remove the tube from the pack.
Complete the specimen label, peel the backing and stick the label to the tube.
All of the information is necessary to complete the test.
- Check the personal details on the pathology request form ensuring that your mobile number is included if you wish to receive your result by SMS.
- Have a mirror ready.

See back page for self collection instructions.

A test cannot be performed without a pathology request form from your doctor. Results will be available in 24-48 hours.



Self collection video

COLLECTION INSTRUCTIONS:

1. Remove swab from packaging and hold the plastic end.
2. Stand in front of mirror and tilt your head back slightly. Open your mouth and say "Aaaaah".
3. Throat swab - swab the back of the throat and the tonsil area on both sides. Withdraw the swab carefully and avoid the sides of your mouth and tongue with the swab tip.
4. Nostril swab - Using the same swab then place the swab tip into one nostril as far as the end of the nasal passage (approximately 2-3 cm in adults).
 - It may cause some discomfort, but should not be painful. Leave the swab in place for about 5 seconds then slowly withdraw using a rotating (turning) motion.
 - Place the swab in the other nostril and repeat.
5. Unscrew the yellow/purple topped transport tube and put the swab directly into the tube without touching any other surface to prevent contamination.
6. Align the scoreline on the swab with the top edge of the tube and carefully snap off the swab shaft. Secure the lid tightly.
7. Place tube in the specimen bag.
8. Place folded pathology request form in side pocket of specimen bag.

A test cannot be performed without a pathology request form from your doctor. Results will be available in 24-48 hours.

TRANSPORT AND DROP OFF

Specimen transport and drop-off (self-collected swabs) instructions:

1) IF YOU HAVE RESPIRATORY SYMPTOMS

(e.g. fever, coughing, shortness of breath, sore throat, runny nose, loss of smell or taste)

You will need to take your packaged sample to a Western Diagnostic Pathology Respiratory Virus/ COVID-19 Collection Centre. Alternatively samples can be dropped off at WDP drive-through collection locations. Please see our website for full details: wdp.com.au

2) IF YOU HAVE NO RESPIRATORY SYMPTOMS

You may deliver your packaged sample to your nearest Western Diagnostic Pathology Collection Centre for transport to the laboratory. A green sample drop-off box is located in every collection centre. Please see our website for full details: wdp.com.au/patients/find-a-collection-centre/

For latest COVID-19 site details please check wdp.com.au

