

How to take a combined throat and nose swab

Each kit will contain 2 swabs and a tube containing viral transport medium (VTM).

Wash your hands prior to swabbing.

Throat swab (Thick Swab) :

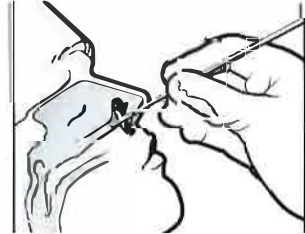
Wipe the soft tip around the back of throat as shown in the diagram: Rub the swab several times across the back of the throat. Avoid swabbing the tongue and teeth.



Nasal Swab (Thin Swab):

While gently rotating the swab, insert the swab into the nostril (less than 1 inch).

Rotate the swab several times against the nasal wall and repeat in other nostril using the same swab.



Place both swabs into the tube containing the VTM and snap/cut off the applicator tip.

Wash your hands.

Label the VTM tube with Name/DOB/Sex/Collection Date. (Unlabeled samples will not be tested). Ensure that the cap on the tube is tightly sealed. (leaking samples will not be tested)

Make sure the request form is correctly filled out.

Place the tube in the plastic bag and put the request form in the pocket of the plastic bag.

Use a secondary container for transport to the Laboratory.

For dropping locations, it will be confirm on your booking, because every patient has different requirements for their fights your dropping location will be depending on this requirement and how soon your test has to be dealt with. I.e; date/time/weekends/..

London screening center : 66 Harley Street, London W1G 7HD. (Dr Sadrudin)

Yourhealthfirst Clinic: 1 Harley Street ,W1G 9QD

Specimen Reception:

The London Clinic, 116 Harley St, London, W1G 7JL

Monday-Friday: 0800hrs – 1830hrs – samples can be dropped at Reception.

The Laboratory is staffed 24/7 but outside of the above hours ring:
07552 033124 or 07552 113641

In case of emergency call Dr Sadrudin directly on : 0207 935 3626