



Precision Health Solutions

# Respiratory Panel

Nasopharyngeal

## SPECIMEN COLLECTION PROCEDURES

### SPECIMEN TYPE

- Nasopharyngeal swab submitted in Viral Transport Media (VTM) provided by Precision Health Solutions.
- Specimen should be submitted to the laboratory for testing as soon as possible, but no later than 2 days after collection.

### COLLECTION PROCEDURE

1. Wear personal protective equipment as required.
  - Gloves
  - Disposable lab coat
  - Eye protection
  - Droplet protection (Surgical mask or N95 mask if COVID-19 suspected)
2. Collect the NP swab.
  - Open the swab kit while ensuring sterility of swab.
  - Insert the swab into the nostril as far as you can. If you meet resistance, do not push through as you may cause damage to nasal mucosa.
  - Once inserted fully, hold in place for three seconds then slowly rotate for five seconds.
3. Withdraw the swab and place into the tube with media.
  - Ensure that you do not contaminate the swab while placing into the transport medium.
4. Break the swab at the break point.
5. Close the lid tightly, leaked specimens will not be processed.
6. Immediately label the sample collection container with first name, last name and date of birth.
  - *If this step is missed, your sample may be subject to rejection.*
7. Place the completed test requisition and any other supporting documentation in the pocket of the specimen bag.
8. Contact PHS to schedule courier pick-up.



Continue to the next page for detailed 'Oropharynx' collection instructions



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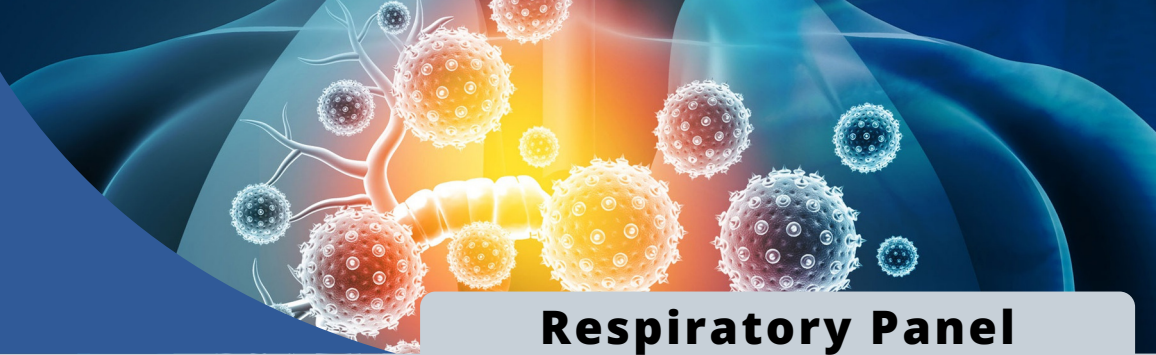


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## Respiratory Panel

Oropharynx

### SPECIMEN COLLECTION PROCEDURES

#### SPECIMEN TYPE

- Oropharynx swab submitted in Viral Transport Media (VTM) provided by Precision Health Solutions.
- Specimen should be submitted to the laboratory for testing as soon as possible, but no later than 2 days after collection.

#### COLLECTION PROCEDURE

1. Assemble all required supplies and equipment prior to collecting sample.
2. Position head slightly back, depress the tongue while visualizing the oropharynx.
3. Using the provided sterile swab, rub the swab up and down the back of the throat to collect cellular material where pathogens are at the highest concentration.
  - If multiple sites are present, collect sites and submit into one container.
  - Avoid touching the tongue and cheeks.
4. Place swab into VTM container.
5. Break the swab at the breakpoint.
6. Close the lid tightly, leaked specimens will not be processed.
7. Immediately label the sample collection container with first name, last name, and date of birth.
  - *If this step is missed, your sample may be subject to rejection.*
8. Place the completed test requisition and any other supporting documentation in the pocket of the specimen bag.
9. Contact PHS to schedule courier pick-up.



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## Panel Respiratorio

### PROCEDIMIENTOS DE RECOGIDA DE MUESTRAS

#### TIPO DE MUESTRA

- Hisopado nasofaríngeo enviado en Viral Transport Media (VTM) proporcionado por Precision Health Solutions.
- La muestra debe enviarse al laboratorio para su análisis lo antes posible, pero a más tardar 2 días después de la recolección.

#### PROCEDIMIENTO DE RECOLECCION DE MUESTRA

1. Use el equipo de protección personal según sea necesario.
  - Guantes
  - Bata de laboratorio desechable
  - Protección para los ojos
  - Protección contra gotitas (mascarilla quirúrgica o mascarilla N95 si se sospecha de COVID-19)
2. Recoja el hisopo NP.
  - Abra el kit de hisopos mientras asegura la esterilidad del hisopo.
  - Inserte el hisopo en la fosa nasal tanto como pueda. Si encuentra resistencia, no empuje, ya que puede dañar la mucosa nasal.
  - Una vez insertado completamente, manténgalo en su lugar durante tres segundos y luego gírela lentamente durante cinco segundos.
3. Retire el hisopo y colóquelo en el tubo con medios.
  - Asegúrese de no contaminar el hisopo mientras lo coloca en el medio de transporte.
4. Rompa el hisopo en el punto de ruptura.
5. Cierre bien la tapa, las muestras filtradas no se procesarán.
6. Inmediatamente etiquete el recipiente de recolección de muestras con nombre, apellido y fecha de nacimiento.
  - Si se omite este paso, su muestra puede estar sujeta a rechazo.
7. Coloque la solicitud de prueba completa y cualquier otra documentación de respaldo en el bolsillo de la bolsa de muestras.
8. Comuníquese con PHS para programar la recogida por mensajería.



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