



Precision Health Solutions



Sinus, Ear & Throat Panel

Sinus

SPECIMEN COLLECTION PROCEDURES

SPECIMEN TYPE

- Aspirate and/or sinus 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. Collect at least 0.5 ml of aspirated material in a sterile or aseptic manner.
3. Eject aspirated material into the VTM container.
4. Close the lid tightly, leaked specimens will not be processed.
5. 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.*
6. Place the completed test requisition and any other supporting documentation in the pocket of the specimen bag.
7. Contact PHS to schedule courier pick-up.



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



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Precision Health Solutions



Sinus, Ear & Throat Panel

Ear

SPECIMEN COLLECTION PROCEDURES

SPECIMEN TYPE

- Swab of ear and/or ear fluid 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. Follow specific instructions for type of sample.
 - **External infection (Otitis externa or suspected tympanic rupture)**
 - Swab the affected area by rotating the swab 7-10 times to ensure adequate collection of cellular material.
 - **Tympanocentesis Fluid**
 - Collect fluid per standard protocols into a sterile syringe.
 - Eject aspirated material into VTM container.
3. Close the lid tightly, leaked specimens will not be processed.
4. 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.*
5. Place the completed test requisition and any other supporting documentation in the pocket of the specimen bag.
6. Contact PHS to schedule courier pick-up.



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



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Precision Health Solutions



Sinus, Ear & Throat Panel

Throat

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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