

How to Take Your Covid-19 Swab

Register

To ensure your swab is processed and to receive your result by text you need to put your NHS number and mobile phone number into this online form <https://www.smartsurvey.co.uk/s/6T370I/>.

Identifying Information

You must write SCOV on the Covid 19 RNA Request Form under Requesting Practitioner. In some instances this will be pre written.

If you have pre-printed identifying labels (stickers with your name, DOB and NHS number on) attach one on the specimen bottle, one on the paper request form and one on the plastic sample bag.

If you do not have printed labels you can handwrite the specimen bottle and request form or handwrite the labels if you have been provided with some.

What to write on the swab

Please write clearly and in capitals your name, DOB and NHS number on the sample bottle label. Without this information your sample will not be processed

What to write on the Covid 19 RNA Request Form

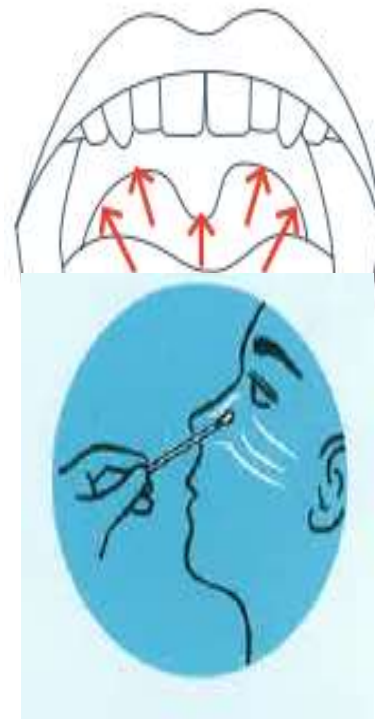
Put your name, DOB, phone number and NHS number. Without this information your sample will not be processed.

WITHOUT THE IDENTIFYING INFORMATION ON THE SAMPLE BOTTLE AND THE REQUEST FORM YOUR TEST WILL NOT BE PROCESSED.

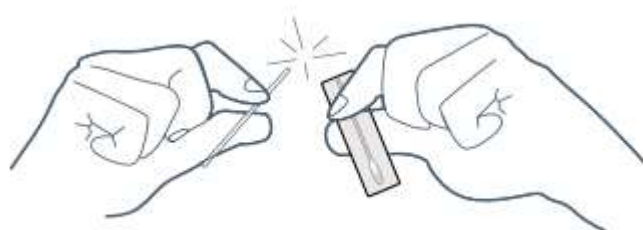
Instructions for Self-Swabbing

Please follow these instructions carefully as they are important to get accurate results.

1. Wash your hands thoroughly for at least 20 seconds, using soap and warm water.
2. Open the swab package and take out the swab. The same swab will be used on your throat and then your nose. Try not to touch the swab end with your fingers.
3. THROAT SWAB
 - Stand in front of a mirror. Open your mouth wide and stick out your tongue.
 - Rub the swab several times across the very back of your throat, behind the arch.
 - This may make you gag, but should not be painful.
 - Ensure you swab the sides of the arch where your tonsils protrude.
 - Try to avoid swabbing your tongue and teeth.
4. NASAL SWAB
 - Insert the same end of the swab about 1 inch (2.5cm) into one of your nostrils, or until you feel some resistance.
 - You should expect some discomfort, but do not insert the swab any deeper if you feel strong resistance or pain.



- Rotate the swab for 10 seconds and slowly remove it.
 - Repeat on your other nostril, using the same end of the swab.
5. Once you have taken the swab, place the soft tip of the swab into the viral collection container and **snap off** at the indentation mark, so that it fits into the container. Replace the lid, ensuring it is securely tightened.
6. Put the collection container into the plastic sample bag provided and seal tightly.



Where to Take Your Sample

Drop off your swab at any of the Covid black boxes situated outside various sites across the Trust as outlined below. They are all signed C19.

- **Barnstaple – NDDH.** Black box is outside the Covid 19 Priority Assessment Pod, also known as Bungalow 1.
- **Barnstaple Health Centre.** Black box is to the left of the main entrance.
- **South Molton Community Hospital.** Black box is to the left of the main entrance.
- **Bideford Hospital.** Black box is at the main MIU/OP entrance on the left hand side of the outer door.
- **Torrington Hospital.** Black box is by the main entrance doors.
- **Holsworthy Hospital.** Black box is by the main entrance doors.
- **Ilfacombe Community Hospital.** Black box is to the left of the main entrance.

In addition, swabs can be dropped into any routine pathology boxes on a NDDH ward.

Results

Negative - we will text your result to the mobile phone number you provided on the online registration form. If you didn't complete this form you will not receive a text message.

Positive - we will call you as soon as your result is available.

If there is a problem with your swab test then we will contact you to tell you what needs to happen next.

You can expect to get your results within 36 hours.