

THIS SAMPLE MUST BE RECEIVED BACK WITHIN 4 WEEKS OTHERWISE IT WILL NOT BE TESTED

THROAT SWAB

To avoid contamination wash your hands before starting. Don't let the end of the swab touch anything other than your throat and don't put the swab down after opening it. Please choose the orange tube which is labelled and says "Throat" for this sample.

General warnings

- Please ensure the kit is kept out of reach of children. Do not pour the liquid down the sink.
- If ingested, rinse mouth. If the solution comes into contact with your skin, wash with soap and water. If skin irritation or allergic reaction seek medical advice. If the solution comes into contact with your eyes, wash with water for 15 minutes and seek medical advice.

Instructions

1. Take one of the swabs from the packet and hold it firmly at the end of the swab.
2. Look in the mirror, open your mouth as wide as possible and say "ah". Wipe the cotton end of the swab over the tonsils on both sides (see the photo). Try not to touch the tongue, cheek or teeth.
3. Remove the swab from your mouth.
4. Take the top off the orange tube. Hold it upright and **don't spill** any of the liquid inside.
5. Place the cotton end of the swab in the tube. Snap the swab at the black line and screw the top back on **tightly**.
6. **Place the sample in the blue microbiology bag and seal it. If you are doing more than one sample please use the separate bag provided for each.**
7. Wash your hands.
8. We have included a small results card which has a sticker with your clinic number starting 'AN' and your date of birth. Please hold onto this. It has the results line number printed along the top that you need to call in 1 week time. When you call please ignore the 'AN' and just put in the 8 digit number and your date of birth when requested on the phone.
9. **If any results are positive we will organise treatment for you.**
10. **Please hand the sample(s) in to any Tayside GP practice.**

