

How to take a nose & throat sample for COVID-19 testing

STEP 1 Wash your hands and place all items on a clean surface. Do not open more than one test pack at a time.

STEP 2 Stand in front of a mirror, open your mouth wide and stick out your tongue, you will see an arch at the back of your mouth. Wipe the soft tip of the swab around



the back of your throat (please avoid your tongue and teeth) as shown in the diagram. Swipe the soft tip of the swab across the five areas as shown in the picture in the

bottom left. Ensure that you swab each of the areas several times. This may trigger your gag reflex but should not be painful.

STEP 3 Using the same swab, place the soft tip gently inside one nostril and gently wipe it around the inside of your nose advancing upwards. Complete the same process for the other nostril. Once you have taken the sample, place the soft tip of the swab into the collection tube with the liquid. Break off the plastic end (at the breaking off point where it is thinner). Close the tube tightly and ensure that the lid no longer rotates.



STEP 4 Complete the corresponding request form in **BLOCK CAPITALS**. The name of each test is clearly marked on the top of the form.

STEP 5 Place the collection tube inside the plastic case, ensure this is closed tightly.

STEP 6 You must now register your sample on our website: <https://www.biograddiagnostics.co.uk/registeryourtest>

STEP 7 Place the sample tube in the top of the clear Biohazard bag and remove the silver foil so you can close the seal.

STEP 8 Place your request form into the outer sleeve.

STEP 9 Place your completed sample inside the white & purple return bag. (Colour may change). Remove the silver foil and seal the bag.

STEP 10 You are now ready to return your sample to the address provided.

Additional information

If you have any questions or problems, contact us by:

Telephone: 0345 565 1725
(08:00-19:00)

E-mail: clinical@biograd.co.uk

Any request forms received incomplete will not be processed or refunded. Samples must arrive within 3 days of collection.

You must register your test on our website as detailed on **STEP 6**

<https://www.biograddiagnosics.co.uk/registeryourtest>

Data sharing

BioGrad diagnostics is legally required to share your data with Government Public Health Agencies, if requested the Police Service.

By returning your sample you are agreeing for your data to be shared.

Use by date and Storage requirements

Test kits must be used within 3 months of purchase and stored at room temperature & out of sunlight.