

# How To Collect Your Throat Swab

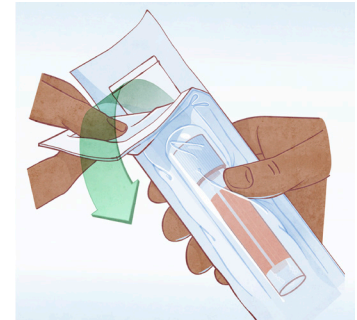
Please follow these steps to collect your throat swab. Read all the steps before starting. **You will need to drop off your sample at the lab on the same day that you collect it.** If you drop or spill the kit, ask for a new one. If you have any questions, please contact your health care provider.



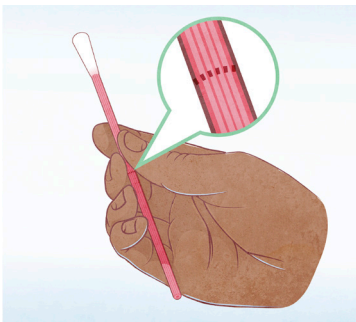
1. Wash your hands with water and soap for 20 seconds. Dry your hands with a clean towel.
2. Put a clean paper towel on a table or counter and lay the collection kit on it.



3. Open the collection kit. Remove the swab and tube filled with liquid.



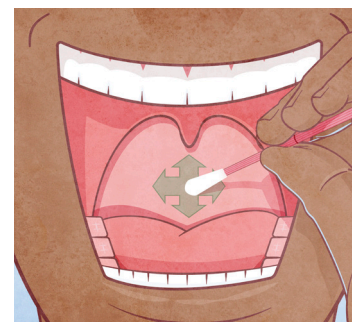
4. Remove the swab from its packaging. Do **NOT** let the soft tip touch anything else besides your throat.



5. Hold the middle of the swab with your thumb and index finger with the soft tip facing your throat.



6. Stand in front of a mirror. Open your mouth wide.



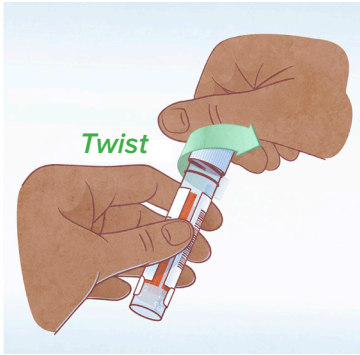
7. Using the soft tip of the swab, wipe it around the back of your throat. Do not touch the sides of your mouth or tongue. Gagging is normal.



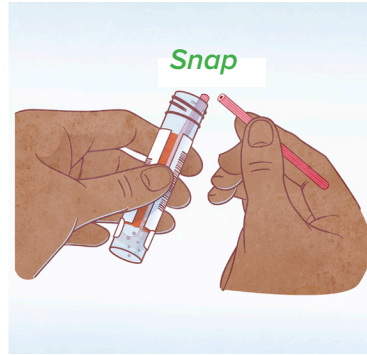
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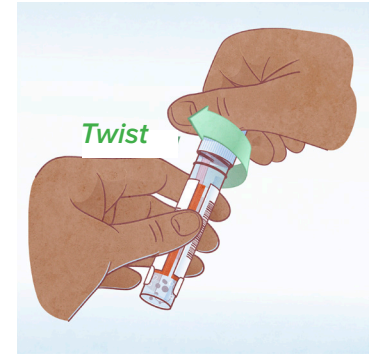
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8. Place the swab down on the clean paper towel.
9. Pick up the tube and remove the cap.



10. Place the soft tip of the swab in the tube. Snap the shaft (stick part) at the middle mark. This leaves the soft tip in the tube. It should now fit inside the tube.



11. Put the cap back on the tube and close it tightly to prevent any leaks. Throw away the wrapper.



12. Put the tube and the lab sheet (paper with your name on it and the test information) in the biohazard bag and seal the bag.



13. Wash your hands again and dry them with a clean towel
14. Drop off the sealed bag to the lab the **same day** you collect the sample.

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**Talk to your doctor or health care team if you have any questions about your care.**

For more health information, go to [wexnermedical.osu.edu/patiented](https://wexnermedical.osu.edu/patiented) or contact the Library for Health Information at 614-293-3707 or [health-info@osu.edu](mailto:health-info@osu.edu).