

# A Specimen Collection & Handling Instructions

## COMBINED BUCCAL/BILATERAL ANTERIOR NASAL COLLECTION

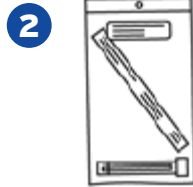
The following collection instructions are intended to help you collect your combined buccal/bilateral nasal sample for the COVID-19 test. First read the instructions carefully, and then follow each step to ensure accurate results.

**NOTE:** You must be 16 of age or older to perform a self-collected buccal/bilateral nasal sample.

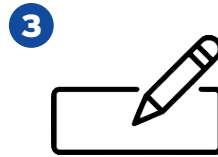
The use of a mirror may assist in your collection.



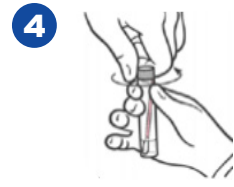
1 Wash your hands with soap and water and dry thoroughly.



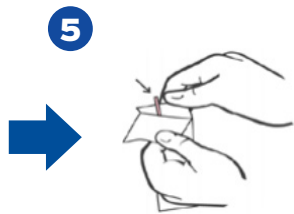
2 Obtain the Buccal/Bilateral Anterior Nasal Collection Kit. Verify that the collection tube contains liquid and that the fluid is not visibly cloudy.



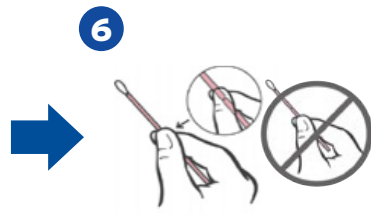
3 Write your full name, date of birth and the date and time of your collection on the label and then attach it to the tube.



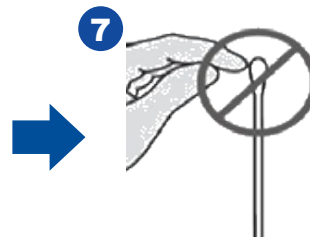
4 Unscrew the cap of the tube, placing it right side up on a flat surface or in the designated portion of the kit. Do not spill the contents of the tube.



5 Grasp the two ends of the wrapping on the wrapped swab and slowly peel the wrapping down to expose the swab handle. Do not unwrap the swab completely.



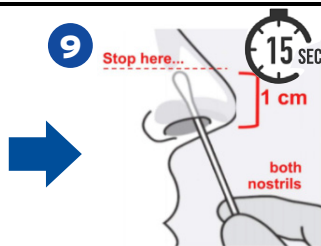
6 Remove the swab from the package and grasp the swab so that you are pinching the score line. This will prevent accidental breakage of the swab during collection.



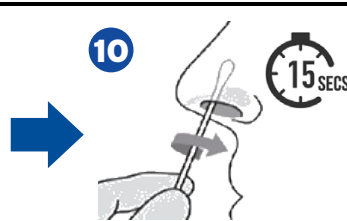
7 To avoid contamination, ensure swab does not come into contact with your hand or any surface prior to collection.  
**If contaminated, use a new kit. Important:** Do NOT pre-moisten or pre-wet swab prior to collection



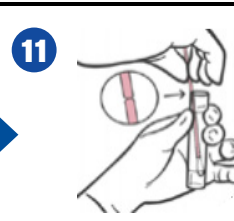
8 Insert the swab between the cheek and lower gums on one side and rotate the swab 3 times to ensure the swab is moistened. Repeat on the other side.



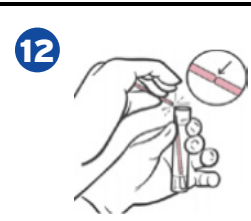
9 Insert swab about 1 cm (0.5 in) inside nostril one. Rotate swab firmly around the inner surfaces of the nostril for 15 seconds.



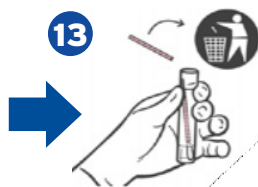
10 Using the same swab, repeat for the other nostril. Rotate the swab for an additional 15 seconds.



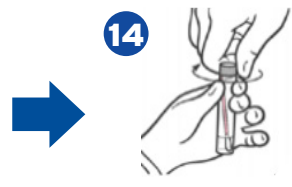
11 Immediately place the swab into the transport tube so that the score line is level with the top edge of the tube.



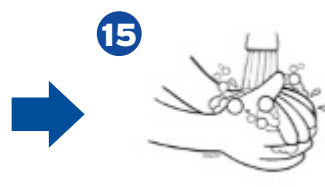
12 Carefully break the shaft and allow the swab to drop to the bottom of the vial into the liquid.



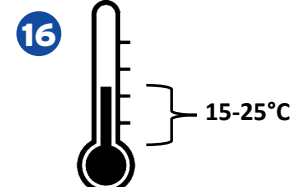
13 Discard the top portion of the shaft into the regular garbage.



14 Screw on tube cap securely. Important: Leaking specimens will be rejected for safety and quality reasons.



15 Wash your hands with soap and water and dry thoroughly.



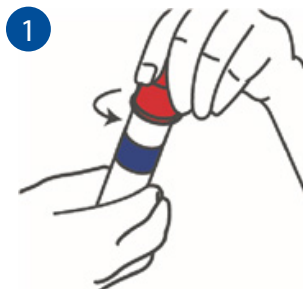
16 Store the tube at room temperature, and follow the instructions for packaging your sample.

For Inquires, visit [LifeLabs.com/COVIDkit](https://www.lifelabs.com/COVIDkit)

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# B

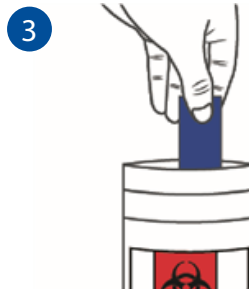
## Instructions for Packaging Your Sample



1 Check that the cap on your sample tube is screwed on tightly.



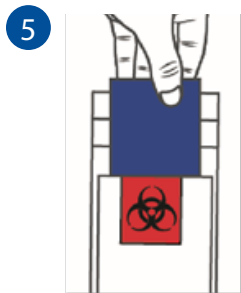
2 Place the securely capped sample tube in the biohazard bag found in your kit.



3 Place the absorbent pad in the bag along with your sample tube.



4 Once placed, carefully seal the biohazard bag, and ensure it is completely sealed.



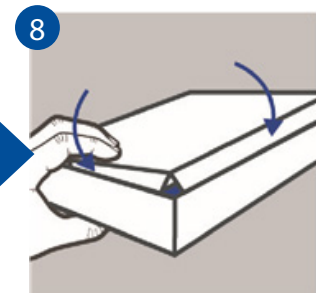
5 Fold your paper requisition and put it into the outer pocket of the biohazard bag.



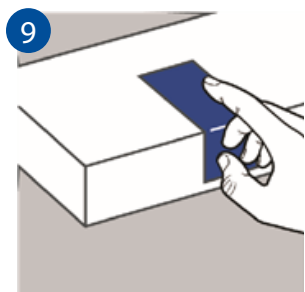
6 Place the biohazard bag inside the foil pouch and seal it.



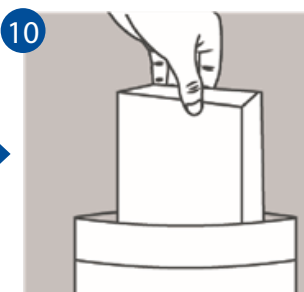
7 Place the foil pouch in your kit box.



8 Close the flaps on the box.



9 Affix the tamper-proof seal on the bottom front edge of the box.



10 Place the entire kit box in the poly white bag and seal.



11 Place the FedEx shipping label on the bag.



12 Immediately after packaging your sample, contact FedEx to arrange pickup at 1-800-GoFedEx. Note: Your home collection kit cannot be dropped off at a drop box or FedEx (FASC) locations. For other options please visit [LifeLabs.com/COVIDkit](https://www.lifelabs.com/COVIDkit)