


COVID-19 Sample Collection

November 23, 2020

NH Lab Services – Guiding Principles	
REQUIREMENT	Label samples immediately AFTER collection in the presence of the patient.
RISK	Incorrectly labelled specimens will delay sample processing and results
LAB REQUISITION	<p>Each sample must be accompanied by a completed requisition. Clearly state:</p> <ul style="list-style-type: none"> ✓ Patient Name, PHN or DOB, address including postal code & contact # ✓ Ordering Provider Name & MSP, address including postal code, contact # ✓ Test request (COVID-19 NAT) ✓ Patient group code in RED
DEMOGRAPHIC INFORMATION	<p>Print legibly or use a pre-printed label.</p> <p>The following patient & collection information is required on ALL samples.</p> <ul style="list-style-type: none"> ✓ PATIENT Last Name, First Name ✓ Personal Health Number (PHN) or Date of Birth (DOB) ✓ Specimen type or specimen source (eg. NP Swab) ✓ Collection Date & Time ✓ Patient group code in RED <p><i>Sample label information must match requisition information EXACTLY.</i></p>
ACCEPTABLE SWABS	<p>FOR PRIMARY CARE, UPCC & COVID-19 COLLECTION LOCATIONS:</p> <p>Order swabs through e-Rex, inventory is NOT managed by lab.</p> <ul style="list-style-type: none"> ✓ Yocon Viral Swab item # 5007145 – preferred swab type ✓ VWR Starplex Swab item # 5007406 ✓ UPCC ONLY: saline gargle samples can be collected using the kits provided by BCCDC. Follow saline gargle instructions provided by BCCDC <p>FOR PAEDIATRIC COLLECTIONS:</p> <ul style="list-style-type: none"> ✓ Copan Red top “Mini-tip” swab – supplied by lab as needed ✓ Yocon viral swab can be used for children ≥6 years old ✓ Saline gargle samples can be collected using the kits provided by BCCDC. Follow saline gargle instructions provided by BCCDC
SAMPLE COLLECTION	<p>Carefully follow instructions on the last page to ensure a good quality sample.</p> <p>COVID-19: Adult testing guidelines for British Columbia (PDF) COVID-19: Pediatric testing guidelines for British Columbia</p> <p style="text-align: center;">Self Collection:</p> <p>Interim guidance for self-collected specimens has been developed by BCCDC only for use in settings without accessible health services. Patients who must self-collect must be given clear instructions otherwise test may be invalid.</p>

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PATIENT GROUP	<p>Mark requisitions and samples with one of the following patient groups in RED</p> <p>HOS Hospital (Inpatient)</p> <ul style="list-style-type: none"> ○ Emergency Department (with intent to admit) ○ Symptomatic pregnant woman in their 3rd trimester ○ Renal patients ○ Cancer patients receiving treatment ○ Other immunocompromised patients <p>LTC Long Term Care Facility</p> <p>OBK Outbreaks, clusters or case contacts</p> <ul style="list-style-type: none"> ○ includes individuals who are homeless or have unstable housing <p>HCW1 Health Care Worker - Direct Care</p> <ul style="list-style-type: none"> ○ Essential service providers (incl. first responders) <p>HCW2 Health Care Worker - Indirect Care</p> <p>CMM Community</p> <ul style="list-style-type: none"> ○ Community or outpatient, including Urgent and Primary Care Centres <p>FN-CMM Specific First Nation Locations due to remoteness</p> <ul style="list-style-type: none"> ○ Fort St James area communities: Takla Lake, Yekooche, Tl'azt'en, Nak'azd'li ○ Finlay Hub area communities: Kwadacha, and Tsay Keh Dene ○ Fort Nelson ○ Coastal Tsimshian: Gitgaat, Kitkatla, Lax Kwalaams, and Metlakatla ○ Tahltan (Telegraph Creek) and Iskut <p>CGT People living in congregate settings</p> <ul style="list-style-type: none"> ○ work-camps, correctional facilities, shelters, group homes, assisted living and seniors' residences. <p>TREPL Tree Planters</p> <p>SCHOOL School</p> <ul style="list-style-type: none"> ○ People attending school in-person including students, teachers and support staff 	
SAMPLE TRANSPORTATION	<ul style="list-style-type: none"> • Store all samples at 4⁰C after collection • Place sample in biohazard bag (one per bag) and requisition into outer pocket • Package and transport following TDG Category B Guidelines <p>IMPORTANT: Send to local laboratory for processing. Do not ship elsewhere otherwise sample cannot be tracked.</p>	

Nasopharyngeal Swab Procedure

1. Assemble supplies:
 - Viral swab
 - PPE (surgical mask, eye protection, gown, gloves)
2. Explain procedure to individual.
3. Wash hands. Don appropriate PPE for protection in case individual coughs or sneezes.
4. Ask individual to clear all mucous in the nose by blowing into a tissue.
 - Mucous can interfere with collection of a good quality sample. The virus does not live in mucous, only in the cells that line the nasal passage.
5. Ask individual to sit up straight and tilt head slightly backward.
6. Collect sample: enter a flexible swab several centimeters with a slow, steady motion along the floor of the nose until the posterior nasopharynx has been reached.
 - Aptima Unisex Swab and VWR Starplex swabs - use with care when inserting into the nasopharyngeal cavity, as these swabs may cause mild trauma. Gently insert only as far as possible, and avoid forcing against resistance. Inserting approximately 2-3 cm will allow swabbing of the mid-turbinate area. In this case, swab bilateral mid-turbinates using a single swab to optimize sampling quality.
7. Place finger on the tip of the patient's nose and depress slightly.
8. Once resistance is met, rotate the swab several times and withdraw the swab.
9. Place swab in transport medium and break off the top of the swab.
10. Remove PPE and perform hand hygiene.
11. Label sample and laboratory requisition, transport to the laboratory.

