

COVID-19 | Sampling using a throat rinsing solution

Instructions for medical doctors' practices and sample collection points

Different methods proposed by SYNLAB, allow to obtain the necessary equipment for the detection of an infection by the SARS-CoV-2 virus. We present here the throat rinsing solution method aka Mouthwash. In addition to the fact that the procedure is much more pleasant than with other methods, it also reduces direct contact since the collection itself is carried out by the patient. Please note that the Gold Standard test remains the nasopharyngeal swab.

The first part of these instructions describes the preparation of the necessary documentation and collection material. The second part explains the sample collection procedure. **Please read the instructions completely before starting to collect samples.**

PREPARATION PRIOR TO SAMPLING

Check to make sure that you have the following materials to hand.



A
Saliva sampling tube with marking line for saliva and collecting funnel



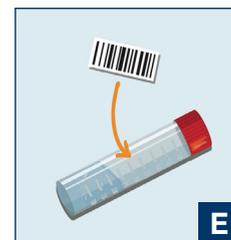
B
Sodium chloride ampoule, 5 ml



C
Lid for closing the sample container



D
1 Transport tube with absorbent paper



E
1 adhesive label with barcode

After taking your sample, make sure that the saliva sampling tube **(A)** in which you have put your sample has a barcode label **(E)** attached.



The patient **must not eat, drink, smoke, chew gum or brush the teeth** for at least 30 - 60 minutes prior to collection.

(I.e. during at least 30 - 60 minutes nothing may be put in the mouth).

The patient comes in **wearing a mask** and can only remove it to gargle.

For **hygiene/disinfection** purposes also prepare: gloves, disinfectant, garbage bag.

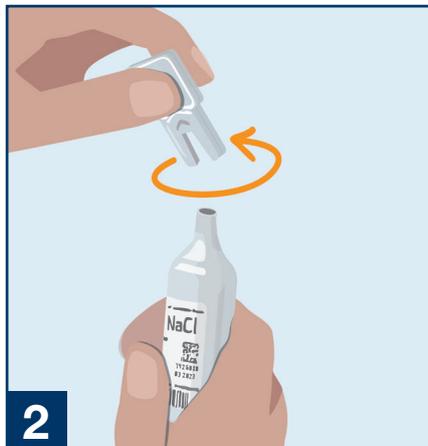
During gargle, **aerosols** may form.

Whenever possible, the sampling should be carried out by the patient alone in the room or at a safe distance. The room should then be well ventilated and the work area disinfected.

INSTRUCTIONS FOR TAKING A SAMPLE



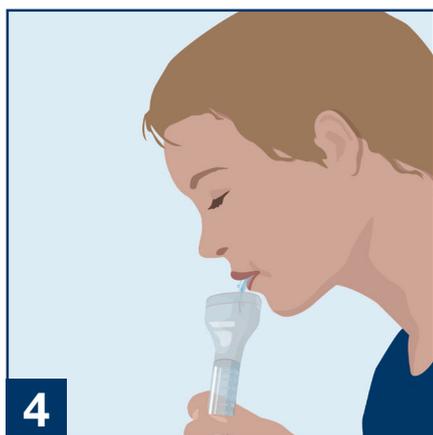
1 Screw the funnel onto the saliva collection tube.



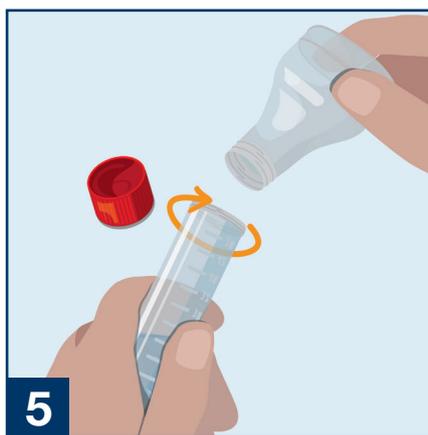
2 Unscrew the cap on the sodium chloride ampoule.



3 The patient presses the ampoule to empty its contents into his mouth.



4 The test person then spits the entire gargle solution into the funnel screwed to the saliva collection tube.

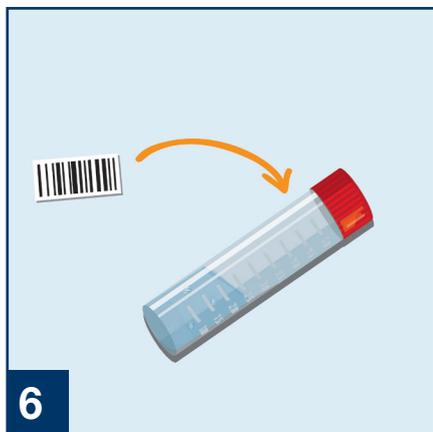


5 Unscrew the collecting funnel and close the tube with the lid provided. Once the tube is well-sealed, shake it back and forth several times to allow the sodium chloride to mix with the saliva.

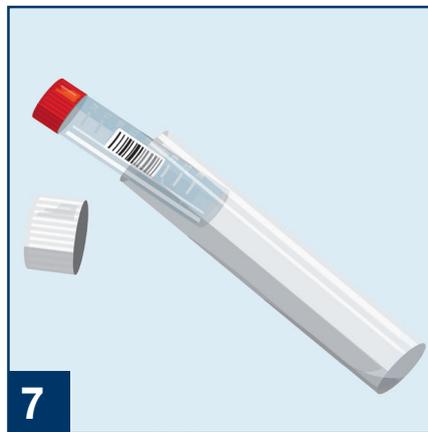
Gargle for 30 seconds at the back of the throat!

It is possible to take breaks by keeping the rinse water in your mouth while breathing through your nose.

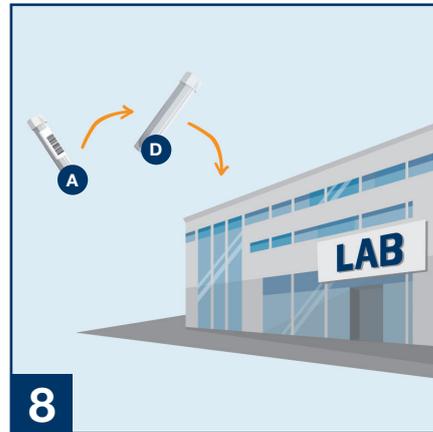
The patient then spits the gargled solution into the sample jar **(A)** and places it on the table. **Close the jar carefully.**



6 Then stick the barcode label onto the saliva sampling tube.



7 Put the correctly labelled and closed tube in the protective transport tube.



8 Dispatch takes place in accordance with the defined logistics processes: The sampling tube (A) must be placed in the transport tube (D) and then stored in the transport container (provided by SYNLAB (shipping bag, laboratory bag, box or similar).