

# periCOVID instructions: mother samples

1

## Taking the throat sample

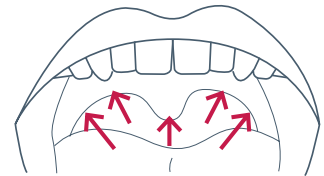
Please wash your hands carefully before you start.

**A.** Unpack the throat swab kit onto a clean surface. Open the swab packet which contains a small bottle filled with liquid, do NOT throw this liquid away it keeps your sample safe.

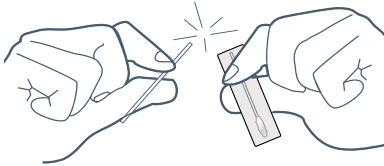


**B.** Wipe the soft tip of the swab around the back of your throat as shown in the diagram. Stand in front of a mirror. Open your mouth wide and stick out your tongue – you will see an arch at the back of your mouth. Try to swipe the soft tip of the swab across the five areas in the picture as below.

Rub the swab several times across the very back of your throat, behind the arch. This may make you gag but should not be painful. Ensure you also swab the sides of the arch where your tonsils protrude. Try to avoid swabbing your tongue and teeth.

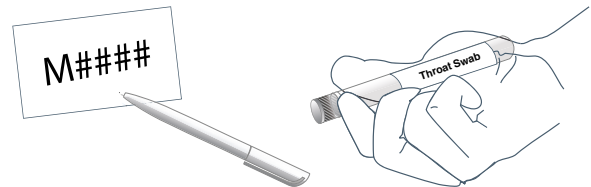


**C.** Once you have taken the swab, place the soft tip of the swab into the collection tube and break off the plastic end (at the breaking off point where the swab stick is thinner). Replace the lid on the bottle.



Please avoid touching the cotton bud tip with your hands (before or after the swabbing) to avoid contamination.

**D.** Wash your hands thoroughly and affix the label with your Unique ID number (M####) and the sample type (Throat Swab) to the sample tube.



2

## Taking the urine sample

Please wash your hands carefully before you start.

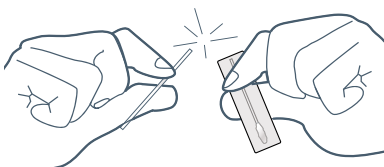
**A.** Unpack another sample swab



**B.** Sit and pass some urine into the toilet, then without stopping the flow of urine, pass urine directly onto the swab, in the same manner as taking a pregnancy test.

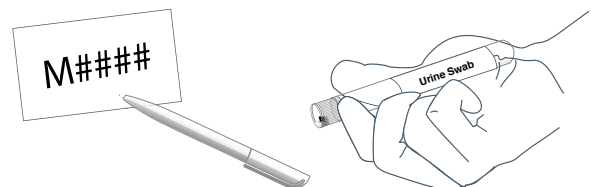


**C.** Once you have taken the swab place the soft tip into the sample tube and break off the plastic end (at the marked breaking off point), ensuring that your swab tip is in the liquid, replace the lid on the bottle.



Please avoid touching the cotton bud tip with your hands (before or after the swabbing) to avoid contamination.

**D.** Wash your hands thoroughly and affix the label with your Unique ID number (M####) and the sample type (Urine Swab) to the sample tube.

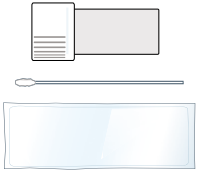


### 3

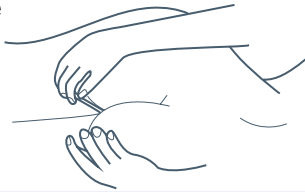
## Taking the rectal sample

Please wash your hands carefully before you start.

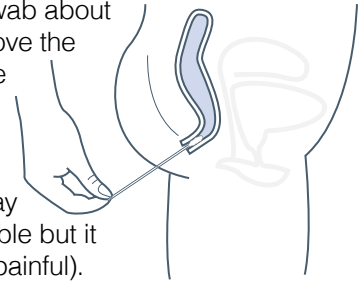
**A.** Unpack another sample swab.



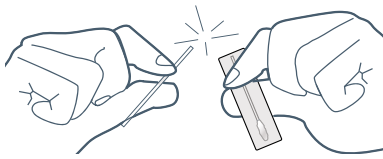
**B.** Get into a position that gives you easy and comfortable access to your anus. Take one hand and spread one bum cheek. Using your other hand guide the swab to the opening of your anus.



**C.** Insert the swab about 4cm, gently move the swab in a circle 2 or 3 times touching the walls of your rectum (this may be uncomfortable but it should not be painful).

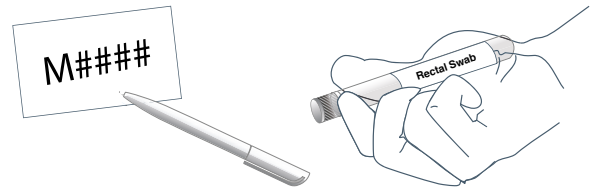


**D.** Once you have taken the swab place the soft tip into the sample tube and break off the plastic end (at the marked breaking off point), ensuring that your swab tip is in the liquid, replace the lid on the bottle.



Please avoid touching the cotton bud tip with your hands (before or after the swabbing) to avoid contamination.

**E.** Wash your hands thoroughly and affix the label with your Unique ID number (M####) and the sample type (Rectal Swab) to the sample tube.



### 4

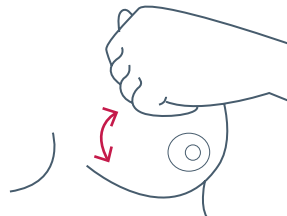
## Taking the breast milk sample (at six weeks post natal only)

This steps only applies if you are still producing milk/breastfeeding (not all mothers will be). Please wash your hands carefully before you start.

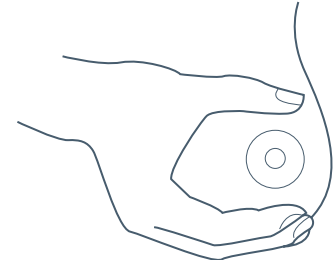
**A.** Unpack your fourth sample swab.



**B.** Gently massage your breast.

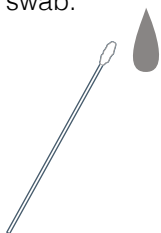


**C.** Cup the breast with the thumb and finger in a 'C' shape about 2–3 cm back from the base of the nipple.

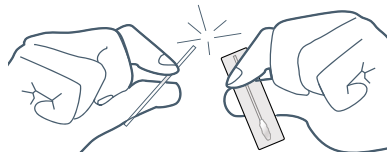


**D.** Gently squeeze, bringing the fingers and thumb together in a rhythmic action (if no milk appears after a few minutes, move the fingers a fraction forward or back to find the right spot). Continue until no more milk drops appear (avoid sliding the fingers as this can cause pain).

**E.** Collect the milk on the swab.



**F.** Once you have taken the swab place the soft tip into the sample tube and break off the plastic end (at the marked breaking off point), ensuring that your swab tip is in the liquid, replace the lid on the bottle.



Please avoid touching the cotton bud tip with your hands (before or after the swabbing) to avoid contamination.

**G.** Wash your hands thoroughly and affix the label with your Unique ID number (M####) and the sample type (Breast Milk) to the sample tube.

