

... gargle your way to a result!

COVID-19 | Sampling using gargled water

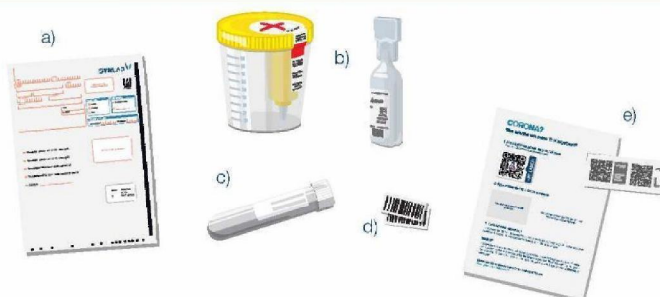
Instructions for medical staff and occupational health & safety

We are pleased to offer you various methods to test for the SARS-CoV-2 virus. One of them is to use gargled water. This procedure is far more pleasant for the user and also reduces contact with the test subject, as they perform the test themselves. The gargling method is a simple way to obtain sample material for laboratory testing. The first part of the instructions describes how to prepare the necessary documents and sampling materials. The second part of the instructions describes how to take the sample.

Preparation

Contents of the kit:

- a) Test form
- b) Sample cup and phial containing NaCl or distilled water
- c) vacuum tube (**do not open!**)
- d) Barcode sticker (as applicable)
- e) Patient card with QR code to access the test result



The user/patient must **not eat** or **brush their teeth** in the two hours prior to taking a sample.

The user/patient must attend the appointment **wearing a mask** and may only remove it to gargle.

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

Aerosols may form during gargling. If possible, the test should be performed alone in a room, or at a safe distance from others. The room should be thoroughly ventilated afterwards.



Please fill out the test form in full. If barcodes are present and have not yet been attached, then please stick one onto the test slip and the other onto the vacuum vial. Otherwise, please write name and surname only on the vacuum tube with a waterproof pen.

If the codes are enclosed loosely, stick the QR code (marked L) for results' queries by the patient onto the test slip, then stick the other code onto the patient card and hand it over to the user/patient.



Make sure that you discard the SYNLAB QR code if you are using a **Muster 10 C** or **Muster 10 OEGD** template.

The result can only be accessed with the QR code print-out.

Make sure you give the user/patient the lower section of the Muster 10 C or 10 OEGD template.

Click on the following link to watch video instructions on sampling:

www.synlab.de/video/rachenspülwasser



Instructions for sampling



1

Note: Aerosols may form during gargling. If possible, the test should be performed alone in a room, or at a safe distance from others. The room should be thoroughly ventilated afterwards.

Remove the adhesive seal from the sample cup

Unscrew the sample cup and place it to one side

Give the user/patient the opened phial containing NaCl or distilled water.



2

NICHT
das Vakuum-
Röhrchen
öffnen!



3

The user/patient squeezes the contents of the phial into the oral cavity

Gargle deeply for 30 seconds!

Users can pause gargling intermittently and keep the solution in the mouth, in order to breathe through the nose.

The user/patient then spits the gargling solution into the sample cup, places it back on the table and **carefully seals** the cup.



4



5

Place the sealed vacuum tube on the cup containing the sample and press down into the shaft. The vacuum draws the gargled solution into the tube.

Remove the vacuum tube and prepare for shipping together with the test form.

The agreed shipping method is used to transport the sample.



6

Ensure compliance with the hygiene regulations. Dispose of the cup (please do not send it to the laboratory), then disinfect the table and any contaminated surfaces and objects.

If appropriate, inform the user/patient about quarantine measures.

Tips on performing the test



Stretch your neck while gargling – tilt your head forwards to breathe in.

It helps – not just for children – to 'sing' a melody while gargling. 'Happy Birthday' is an ideal tune to make gargling easier. Try it yourself!