

Swabbing your child

This leaflet gives instructions on how to take a swab from your child. Please follow the instructions carefully and if you have any questions, please contact us (contact details at the end of the leaflets).

This kit contains one swab which must be used for both your child's throat and their nose (a combined nose and throat swab).

Preparing to do a swab test on your child

Please swab your child before they eat as they may gag or be sick during the test.

Depending on the age of your child, you may want to have someone there to help distract your child while you carry out the swabbing.

It is important that you explain to your child what you are going to do and talk about how it may feel. It may feel a bit uncomfortable.

Explain that the swab is very flexible and soft and that it should not hurt them.

Discuss how they may want to be distracted. Holding a tablet or a book above them so they look up will allow you to do the swab more easily, or you may want them to lie back on some pillows.



Doing the swab test on your child

- 1 Wash your hands and unpack the kit on a clean surface.
- 2 Label the tube **clearly** in **BLOCK CAPITALS** with your child's full name, date of birth and postcode. Also write 'nose and throat swab' on the tube.
- 3 Remove the swab from its sleeve. Do not lay it down or touch the tip.
- 4 You have been given one swab for both throat and nose:
 - a. **Throat swab:** rub the swab tip a few times around the back and sides of your child's throat (the areas shown by the green arrows in the picture).
 - b. **Nose swab:** insert the swab into the nose for about 1-2cm, or until you feel pressure. Rotate the swab and remove.
- 5 Using your other hand open the tube and put the swab inside. Snap off the tip at the weak spot in the middle of the shaft. Throw away the rest of the shaft.
- 6 Screw the cap as tight as possible to make sure the test tube is properly sealed.
- 7 Put the test tube in the provided plastic bag and seal the zip lock.
- 8 Roll the zip lock bag around the test tube, and place it in the tub that is in the cardboard box (marked UN3373).
- 9 Wash your hands.
- 10 Place the request form in the cardboard box (but **NOT** in the tub).
- 11 Place the cardboard box into the large polythene bag.
- 12 Return the polythene bag to the courier - observing social distancing rules.
- 13 Wash your hands.



Useful resources for your child

Two short videos explaining about nasal swabs, [w: www.youtube.com/watch?v=nO1L-oYo9TA](https://www.youtube.com/watch?v=nO1L-oYo9TA)

Contact us

If you have any questions or concerns about the swabbing process, or the pre-assessment process, please contact the pre-assessment team, [t: 020 7188 7188](tel:02071887188), extension 56225, Monday to Friday, 9am-5pm.

If you have any queries about your child's surgery, please contact the service your child is under directly, on the contact details you already have for the service team.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [w: www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

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