

## Returning the COVID-19 Test: for the person returning your test:

You will need to ask a family member or friend to return your test to the Laboratory Medicine Pre-op Drive through at Northern General Hospital **on the same day that you take the samples.**

Below you can find information on how to get here, and where to find the Laboratory Medicine building. The drive through is adjacent to the building.

### Public Transport:

The Northern General Hospital is on the north side of the city about three miles from the city centre.

The hospital is well served by public transport, with several bus stops within easy reach.

Up to date information about public transport links and Park & Ride sites is available from Travel South Yorkshire.

Travel Line tel: 01709 51 51 51

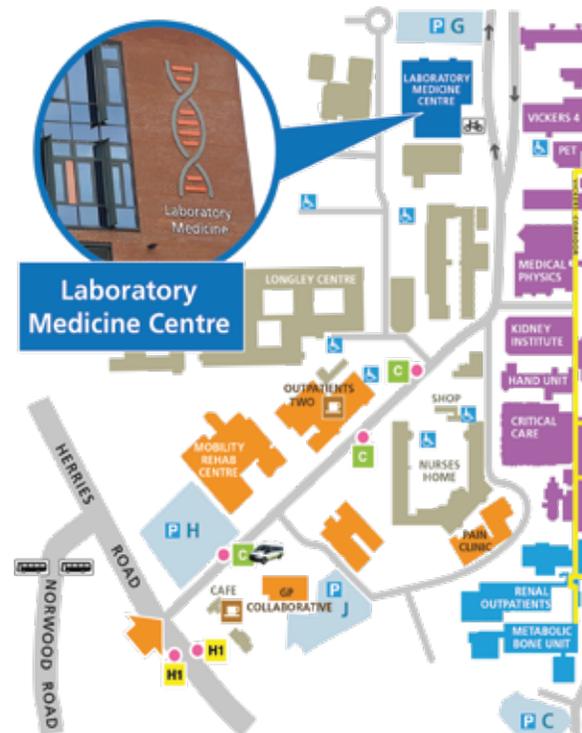
Website: [www.travelsouthyorkshire.com](http://www.travelsouthyorkshire.com)

Please make sure you check and follow the most recent government guidelines around using public transport before travelling.

**Please make sure you do the test as instructed and in the timescale outlined on your letter. If you do not complete a test before your surgery or procedure it may have to be cancelled.**

Laboratory Medicine, North Lane, Northern General Hospital, S5 7EG **Satnav: S5 7AT**

It is recommended that you use the Herries Road entrance to the hospital site for access to the Laboratory Medicine.



## What happens next?

You will receive your result via text message with a link to further information.

If your result is positive please isolate and the National Test and Trace team will be in touch to give advice and follow up contacts. The hospital will also call/contact you directly to advise about your surgery or procedure.

If you have not received a text result prior to your surgery/procedure please contact the hospital using the details in your letter. Do not attend without a result.

**If you have any questions or concerns about any of the information in this leaflet please contact the hospital using the details on your letter.**



Sheffield Teaching Hospitals  
NHS Foundation Trust

# How to do the test for COVID-19

Information for patients.

PROUD TO MAKE A DIFFERENCE



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Due to COVID-19 we are taking a number of measures to keep you, other patients and our staff as safe as possible.

One of these measures is to ensure every patient coming into hospital for surgery or certain procedures has been tested for COVID-19 beforehand.

You should have received a test pack which you need to use to take samples from your throat and nose. This leaflet explains how to take the samples, please read it carefully before starting. Once you have completed the test it will need to be returned to Northern General Hospital by a **family member or friend**.

## Before you start the test

Make sure your pack includes the following:

- One swab, which looks like a long cotton bud, and a sample tube. These should be sealed in a pack together
- A sealed bag with a square of cloth inside
- A label with your details on it.

Please check that the label has your correct details on it. If the label is missing or the details are incorrect please phone the number on your letter and let us know as soon as possible.

## How to take the samples

To make sure your test results are accurate, it's important that the samples are taken correctly. You will be taking samples from your throat and then your nose with the one swab provided in your test pack. You may find it easier if you look in a mirror when taking the samples.

### Step 1

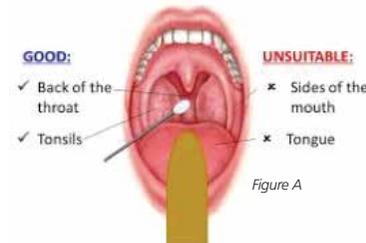
Blow your nose to clear it, throw the tissue in the bin and wash your hands with soap and water.

### Step 2

Open the sealed swab packet by peeling the backing paper off, being careful not to snap the swab.

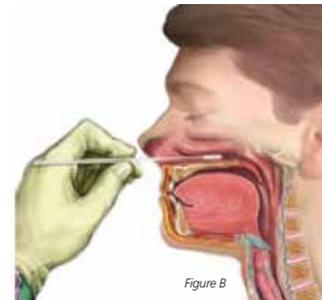
### Step 3

Please take your throat sample first, using the end with the cotton bud attached to take a swab of the back of your throat. If done properly, this should make your eyes water or make you gag (Please see Figure A for reference).



### Step 4

Using the same swab, please take a sample from the inside of your nostril. This swab needs to be taken from 4 - 6cms within your nostril. (Please see Figure B for reference).



### Step 5

Turn the swab gently in the nostril then leave in place for a few seconds. Carefully remove the swab without touching the sides of your nostril.

### Step 6

Unscrew the cap on the sample tube, which contains a small amount of liquid, and place the swab inside. Try to avoid spilling any of the liquid. Break the swab at the scored line and screw the cap back on.

### Step 7

Put the label with your details on, on the sample tube. (Please see Figure C for reference). Your sample tube may look different to the one in the picture. Write the time and date that the sample was taken on the tube.



### Step 8

Make sure the cap is on the sample tube securely and place it in the small plastic bag provided in the test pack. This bag will have a small piece of cloth inside. Seal up the small plastic bag.

### Step 9

Please put the small plastic bag inside the big plastic bag that your test arrived in and seal it. (Please see Figure D for reference).



### Step 10

Return your sample to the Laboratory Medicine building at the Northern General Hospital.

Follow the signs to the drive through COVID swab drop off point.