Before your surgery: COVID-19 self-swabbing test and courier collection

In line with government and Moorfields guidelines, we need you to do a COVID-19 test (Antigen swab) 72 hours before your surgery. This test will tell us if you currently have Covid-19, even if you are not showing any symptoms. If we find that you do have COVID-19, we will rearrange your surgery, as it would not be safe to otherwise go ahead.

Please note that if you do not have your swab test in accordance with hospital guidance, your surgery will be cancelled.

Please see this video from Public Health England for guidance on how to take a combined throat and nose swab using a kit similar to yours:
https://www.youtube.com/watch?v=5qHTB1xfNes&feature=youtu.be

If anything is still unclear after reading this leaflet, please call the pathology department on 020 7566 2165.

Taking your test and arranging a courier for pick up

You should book the courier the day before you take your test by phoning 0845 145 1000 (choosing option 1 then pressing 1 again), quoting the reference code MEH001 and account number CR659 if asked. Please be aware that you will be charged at a premium rate for this number, as this is an independent courier company that Moorfields uses. It is important that you do your test by 8am on the morning of your test day.
Please find below an overview of when to take your test, based on your day of surgery.

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<th>Surgery booked for</th>
<th>Book a courier</th>
<th>Take your test the morning of</th>
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**Doing your combined throat and nose swab test**

In your self-testing kit you will find a clear plastic bag with a *pre-labelled swab tube and container, a pre-labelled pathology form and an addressed envelope to return your swab in*. We will have already added your patient identity label to all relevant items. Please see below for a visual example of the swab tube and pathology form you will receive as part of your kit. This is just an example, as the swab tubes might have a different coloured cap, depending on what we are supplied.
If you have one, you will see that this small, colourful topped tube contains a small amount of saline, which is a harmless fluid that keeps the swab moist once it has been taken. Please be careful not to spill this fluid, but if this does happen don’t worry about it – just continue with the swab as below and do not replace it with any other solution. The spilled saline can be mopped up with a paper towel and disposed of in the bin as usual.

Please follow the steps below to test yourself with your COVID-19 antigen swab, ensuring that you take your throat swab first. Swabbing may be uncomfortable, but shouldn’t be painful. It might be helpful to have a mirror handy for this process.

1. Check your patient identity labels to ensure the details are correct. If not, please contact the pathology department on 020 7566 2165.
2. Clean and dry a flat surface to place your test kit on.
3. Wash your hands for at least 20 seconds, using soap and warm water.
4. Carefully open the swab in the pack without touching the bud end.
5. Open your mouth wide and push the swab gently to the back of your throat and rotate for 10 seconds, coating the bud. Please be aware that this may make you cough or gag.

6. Remove the swab from your mouth, gently blow your nose and insert into one nostril, rotating it ten times.
7. Remove the swab from your first nostril and insert into the other nostril, rotating it ten times.
8. Remove the swab from your nostril and carefully put it (bud first) into the collection container, then break the stick and firmly seal the lid to avoid
any leaking. The swab stick has a grooved area to snap the swab off so this should only take a little effort to do.

9. Place the pathology form in the clear plastic bag with your swab sample and seal it over tightly. The small square of absorbent material inside prevents leakage and protects the couriers and laboratory staff whilst handling these samples.
10. Place the plastic bag in the envelope provided, sealing the envelope in preparation for the courier to collect.

Please remember to:
- book your courier the day before you take your swab test.
- double check the patient identity labels on your swab.
- place the swab in its collection container along with the pathology form in the clear plastic bag and tightly seal it.
- place the clear plastic bag with your sample in the return envelope and seal it in preparation for the courier to collect.

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Revision number: 1
Approval date: March 2021

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