

# SelfCheck<sup>®</sup> Nasal Swabbing Kit

This kit is used to collect a sample from your nose. Immediately after using your kit, drop it off at a Cleveland Clinic Express Care, Pharmacy or other designated location.

**Read all instructions before using your kit and follow them carefully.** If you do not use this kit as directed, incorrect results may occur. For more information and to watch a video of these instructions, please visit [clevelandclinic.org/selfcheck](http://clevelandclinic.org/selfcheck).

**Need help? Call 216.444.0300.**



Use & return your kit on the **same day**.

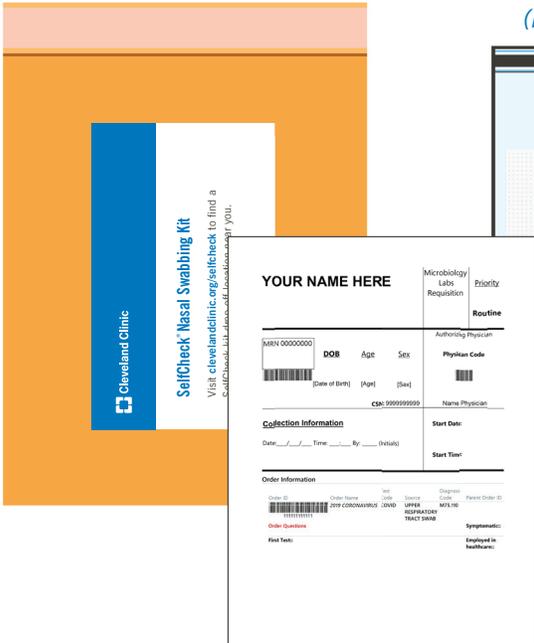
Store your kit at **room temperature** before and after use.



**68-77°**

## What's inside the kit:

**SelfCheck return envelope**



**YOUR NAME HERE**

Microbiology  
Lab Requisition

Priority  
Routine

Authorizing Physician

DOB Age Sex Physician Code

Collection Information Start Date

Date Time By (Initials) Start Time

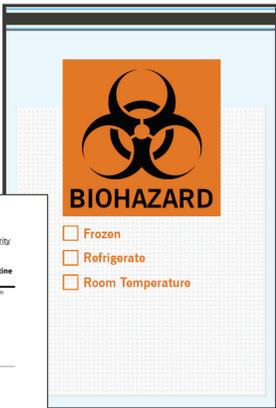
Order Information

Order ID Order Name Unit Source Degree Code Repeat Order ID

Order Questions Symptomatic

First Tests Employed in Healthcare

**Clear biohazard bag & absorbent sheet  
(leave sheet in bag)**

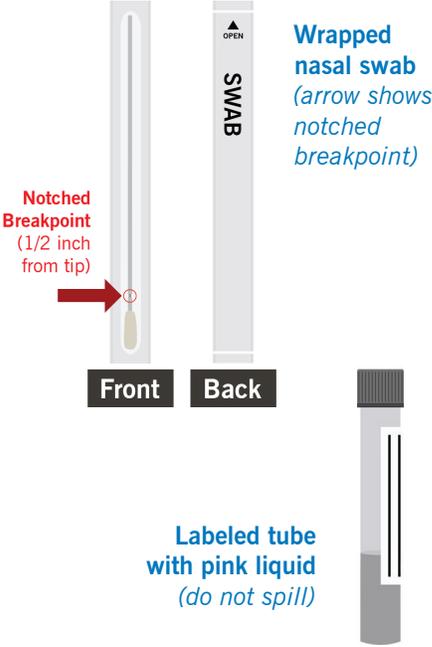


**BIOHAZARD**

Frozen  
 Refrigerate  
 Room Temperature

**Test order requisition**

**Wrapped nasal swab  
(arrow shows notched breakpoint)**



**Notched Breakpoint  
(1/2 inch from tip)**

**Front Back**

**Labeled tube with pink liquid  
(do not spill)**

1. This product has not been FDA cleared or approved, but has been authorized for emergency use by FDA under an EUA for use by authorized laboratories;
2. When used with SelfCheck cobas SARS-CoV-2 + Flu Assay: This product has been authorized only for the detection of nucleic acid from SARS-CoV-2, influenza A and/or influenza B, not for any other viruses or pathogens.
3. When used with SelfCheck cobas SARS-CoV-2 Assay: This product has been authorized only for the detection of nucleic acid from SARS-CoV-2, not for any other viruses or pathogens.
4. The emergency use of this product is only authorized for the duration of the declaration that circumstances exist justifying the authorization of emergency use of in vitro diagnostics for detection and/or diagnosis of COVID-19 under Section 564(b)(1) of the Federal Food, Drug and Cosmetics Act, 21 U.S.C. § 360bbb-3(b)(1), unless the declaration is terminated or authorization is revoked sooner. Updated 01/25/21



**For use under an emergency use authorization only.  
For use by individuals 18 years or older.**

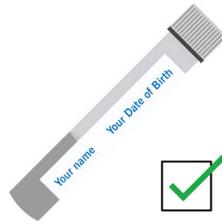
# SelfCheck® Nasal Swabbing Kit Instructions

For more information and to watch a video of these instructions, please visit [clevelandclinic.org/selfcheck](http://clevelandclinic.org/selfcheck)

Need help? Call 216.444.0300.



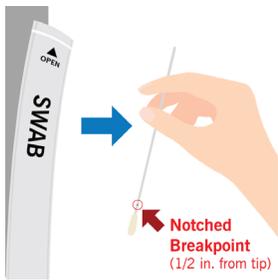
**Step 1:** Wash your hands. Open the SelfCheck kit, then lay the items on a clean surface. **Do not remove the absorbent sheet from the biohazard bag.** Use a mirror to help you swab your nose.



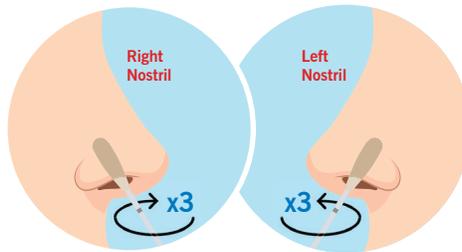
**Step 2:** Verify your name & date of birth on the tube's label. **If the label is incorrect, please contact the pharmacy that gave you the kit.**



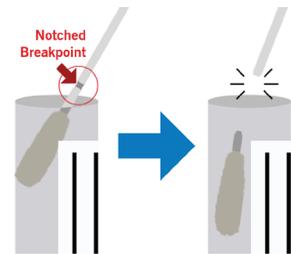
**Step 3:** Open the tube and set the cap down. **Do not spill the liquid inside.** Optional: If you have difficulty holding the tube while you swab your nose, place it upright in a clean cup or container.



**Step 4:** Remove the swab from its wrapper. **Do not touch the swab tip.**



**Step 5:** Place the swab inside your nose until the tip is no longer visible (about 1/2 an inch). Rub the inside of your nose three times using light pressure. Repeat in the other nostril with the same swab.



**Step 6:** While holding the tube in your hand, place the swab's tip near the top of the tube, then gently bend the swab back and forth until it snaps at the breakpoint.



**Step 7:** Tightly screw the cap on the tube so it does not leak. **Your test will be canceled if it leaks.**



**Step 8:** Place the tube into the clear biohazard bag containing the absorbent sheet, then seal it closed.



**Step 9:** Write the date & time when you swabbed your nose on the test order.



**Step 10:** Place the test order & clear biohazard bag into the SelfCheck return envelope, then seal it closed.



**Step 11:** On the same day that you use your kit, return it to a SelfCheck drop-off box at a Cleveland Clinic Express Care, Outpatient Pharmacy or other designated location.

Visit [clevelandclinic.org/selfcheck](http://clevelandclinic.org/selfcheck) to find a SelfCheck Kit Drop-off Box near you.

Your test results will be available in MyChart **within 72 hours.**

**Have a question?**  
**Call 216.444.0300**