

# SelfCheck® Nasal Swabbing Kit

## Frequently Asked Questions

### What is the SelfCheck® Nasal Swabbing Kit?

The SelfCheck® Nasal Swabbing Kit allows patients to collect a nasal swab sample in the comfort of their home that will be tested for the novel coronavirus (COVID-19) or COVID-19 and Influenza A and Influenza B.

### Do I need an order to get a kit?

Yes. A healthcare provider must place an order before you can pick up a kit.

### Who can use this kit?

This kit is intended for patients (18 years and older).

### Can children use this kit?

No. At this time, anyone under the age of 18 should not use this kit. A parent or guardian should discuss other testing options with the child's healthcare provider. Visit [clevelandclinic.org](http://clevelandclinic.org) for more information.

### What is the cost of the kit? Does my insurance cover it?

There will be no additional charge for this kit. If you have a question about coverage of COVID-19 testing, please contact your insurance provider.

## Getting Your Kit

### Where do I pick up my kit?

You can pick up your kit at a Cleveland Clinic Pharmacy. Visit [clevelandclinic.org/selfcheck](http://clevelandclinic.org/selfcheck) to find a location near you.

### When can I pick it up?

Kits may be picked up on the same day or any time after the test order is placed.

### What do I need to bring with me to get my kit?

When you arrive, a Pharmacy Caregiver will ask for your name and date of birth, which they will use to look up your order.

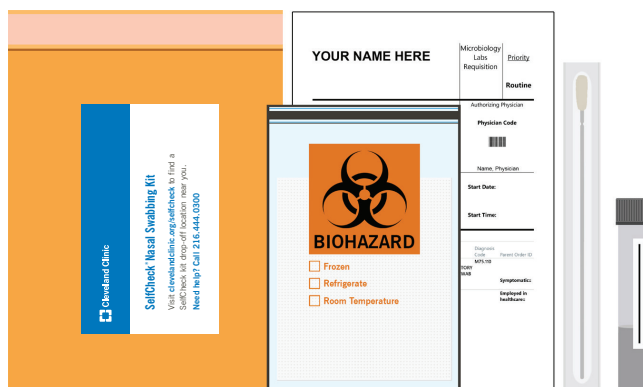
### Can a family member pick up my kit for me?

Yes. A Pharmacy Caregiver will ask them for your name and date of birth. If you are symptomatic, sending a family member or friend to pick up the kit is preferred.

## About Your Kit:

### What is inside of the kit?

The kit contains a nasal swab, a tube of pink transport liquid labeled with your name and date of birth, a biohazard bag with an absorbent sheet, an instruction sheet, a COVID-19 test order, and a labeled padded envelope.



- Nasal swab
- Tube of transport liquid
- Biohazard bag w/ absorbent sheet
- Instruction sheet
- Test order paperwork
- Labeled padded envelope

### How should I store my kit?

The kit should be kept indoors at room temperature, both before and after you use the kit.

### What if I leave my kit in a hot or cold place?

The kit should still be safe to use if left in the heat or cold for a short period of time. Do not use the kit beyond the expiration date on the outside of the package.

### The name on the paperwork or tube in my kit is not my name. What should I do?

Do NOT use the kit. We apologize that your kit was not assembled correctly. Please bring the kit to the location that gave it to you, where you will receive a new one.

### All of the items that should be in the kit were not in the bag. What should I do?

We apologize that your kit is incomplete. Please bring your kit to a Cleveland Clinic Pharmacy, where you will receive a new one.

## Using Your Kit

### How should I swab my nose?

Rub the swab on the inside walls of your nose three times using light or moderate pressure. Do not twirl the swab without pressing it against the inside of your nose, otherwise it will not collect anything.

Be sure to swab both your right and left nostrils with the same swab.

### How deep should I place the swab in my nose?

Place the swab about ½ of an inch into your nose or until the swab's tip disappears. If you feel resistance, you have put the swab in far enough.

### What if I accidentally touch the tip of the swab?

It is best not to touch the tip of the swab with anything other than the insides of your nose. However, the test should not be affected by small amounts of bacteria that may be on your hands if you return your kit on the same day you use it.

### What should I do if I drop the swab?

If the swab is dropped onto a clean surface, your test should not be affected by small amounts of bacteria that may be present.

If the swab is visibly soiled or if you are uncertain if the swab is okay to use, do not use it. Please bring your kit to a Cleveland Clinic Pharmacy, where you will receive a new one.

To avoid dropping, keep the swab in the paper sleeve until you are ready to collect the sample.

### What if I spill the pink liquid out of the tube?

If the liquid spills out of the tube, please bring your kit to a Cleveland Clinic Pharmacy, where you will receive a new one. You can wipe away the liquid with a cloth or paper towel (the liquid will not harm you).

### What should I do after I use the swab and break it off into the tube?

Tightly screw the cap on the tube so it does not leak. Place the tube containing your swab into the clear biohazard bag containing the absorbent sheet, then seal the bag closed.

Write the date and time you collected your specimen on the test order paperwork.

Insert both the test order paperwork and clear biohazard bag into the SelfCheck return envelope, then seal the padded envelope closed.

Please make sure that your test order paperwork is inside of the padded envelope. This document is required for the laboratory to perform your test and provide you with your results.

## Returning Your Kit

### When should I use and return my kit?

On the same day that you use your kit, return it to a Cleveland Clinic Express Care Clinic or Pharmacy.

Pre-Surgery/Pre-Procedure Patients: Use and return your kit three days before your scheduled procedure.

### Where do I return my kit?

Drop your kit off into a SelfCheck® Kit Drop-off Box, which can be found at a Cleveland Clinic Express Care Clinic or Pharmacy. Visit [clevelandclinic.org/selfcheck](https://clevelandclinic.org/selfcheck) to find a drop-off location near you.

### Can I mail my kit?

No, the kit may not be returned by any mail carrier. You must return the kit to a Cleveland Clinic Express Care Clinic or Pharmacy and place it into a SelfCheck® Kit Drop-off Box. Visit [clevelandclinic.org/selfcheck](https://clevelandclinic.org/selfcheck) to find a drop-off location near you.

### What if I cannot return the kit on the same day that I use it?

Store the kit at room temperature overnight, then drop your kit off into a SelfCheck® Kit Drop-off Box located in any Cleveland Clinic Express Care Clinic or Pharmacy as soon as possible the next day.

### What happens if my doctor requested I have a COVID-19 test and I don't return my kit on the day my doctor requested?

The laboratory needs about 24 - 48 hours to perform the test. Returning your kit late could impact your next visit to the hospital or with your doctor.

If you are concerned that you may not drop your kit off in time, please contact the healthcare provider who ordered your test.

## Getting Your Test Results

### When will I get my test results? Where can I find them?

After you drop your kit off, your test results will be available in MyChart within 72 hours.

### What happens after I get my results?

- If you test **negative** for COVID-19, no further action is needed.
- If you test **positive** for COVID-19, a healthcare provider will contact you about next steps.

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