



## HEALTH PROFESSIONAL GUIDELINE

### Sample Collection for Rubella PCR

September 2017

#### INTRODUCTION

Samples for Rubella RNA detection are referred to Canterbury Health Laboratories (CHL)

Please refer to CHL website if further details are required:

<http://www.labnet.health.nz/testmanager/index.php>

Please note: Collection Rooms **DO NOT** collect nasopharyngeal swabs.

#### RT-PCR - SAMPLE REQUIRED

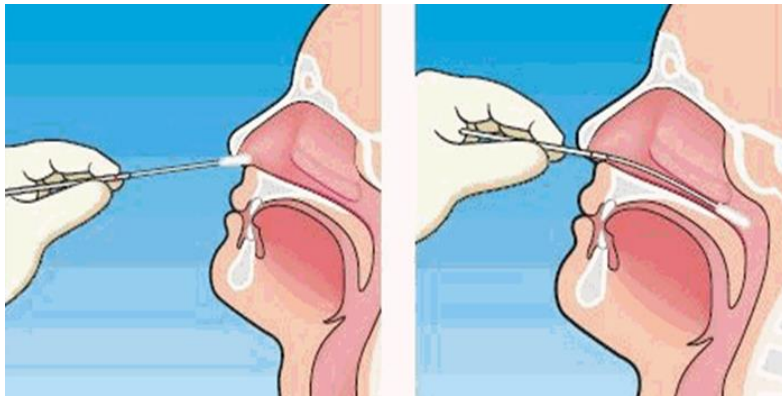
1. Nasopharyngeal swab
2. Use **CHL Respiratory Virus or Measles PCR Collection Pack** (below)
  - Adult orange top swab – preferable due to higher yield
  - Paediatric white top swab – can also be used in adults if required



3. For other samples like blood, CSF and placental biopsy please see CHL website above

**SAMPLE COLLECTION****Nasopharyngeal swab**

1. Insert swab into one nostril
2. Introduce the swab **gently** and push it forwards with gentle downwards pressure on the lower nasal floor, to the posterior wall of the nasopharynx. Rotate the swab twice before gently removing. **Sample via one nostril only**



3. Place the swab into the red top vial fluid and carefully break off the shaft at the break point
4. Close the lid tightly
5. Label sample vial with patient first and last names, NHI number, date of birth and date of collection
6. Place the sample vial in a separate plastic specimen bag, then double-bag for protection against spillage
7. Deliver to the laboratory as soon as possible or store at 4<sup>0</sup>C if delay is expected

**REQUEST FORM**

1. Record contact details for requester as the Laboratory staff need to know who to notify for critical results
2. Request form should include "suspected Rubella" and clinical symptoms

**SAFETY**

1. Keep yourself safe; wear appropriate personal protective equipment following Ministry of Health guidelines
2. Ensure request form is completed with adequate clinical details. Make sure the request for Rubella is clear and obvious
3. Sample containers should be double-bagged before storage and transportation
4. After swab collection, make sure the request form is in the outside pocket of the biohazard bag