**COVID-19 RNA Test Specimen Collection – UPDATE 12/21/2020**

### What's Changing?
Post-admission asymptomatic COVID-19 testing is now recommended for the following scenarios:

1. Day 4 of admission
2. Patients receiving frequent or continuous AGPs: test weekly
3. Adult patients in shared room: test every M/Th

Inpatients requiring repeat COVID-19 testing will have the repeat test performed using **anterior nares swab specimens**.

Initial admission/pre-procedure/anesthesia/procedural sedation COVID-19 RNA test specimens should be a **Pooled NP/Mid-Turbinate & OP swab specimen** with repeat tests being anterior nares specimens.

### What Test Kit to Use?
We may continue to see different test kits based on availability of supplies.

ANY of the test kits picture on page 3 of this practice update are acceptable and have been validated by UCSF micro lab for:

- Anterior Nares
- Pooled NP/Mid-Turbinate & OP swab specimens

### Why the Change?
To better identify COVID-19 infections that were incubating on admission and to prevent transmission in the hospital, the Health System has instituted routine inpatient re-testing for asymptomatic patients on day 4 after admission and for patients undergoing Aerosol Generating Procedures (AGP) Q 7 days. For adult patients in shared rooms, they will also be tested every Monday and Thursday. For repeated testing, anterior nares testing has excellent sensitivity.

- See the table below for guidance for anterior nares testing frequency
- For details on the adult patients refer to this [FAQ](https://example.com) and for pediatric patients this [FAQ](https://example.com)

<table>
<thead>
<tr>
<th>Population</th>
<th>Admission</th>
<th>Hospital Day #4</th>
<th>Hospital Day #7</th>
<th>Subsequent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asymptomatic, no AGPs</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td>Retest if needing anesthesia/procedural sedation and last test &gt; 7 days prior</td>
</tr>
<tr>
<td></td>
<td>Exceptions—see “COVID recovered” as per below</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asymptomatic, frequent/continuous AGPs¹</td>
<td>✔</td>
<td>✔</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adult Units only:</td>
<td>Asymptomatic, shared room, +/- AGPs</td>
<td>✔</td>
<td></td>
<td>Every Monday and Thursday starting ≥ 2 days after day 4 test</td>
</tr>
<tr>
<td>COVID-19 recovered and ≤90 days since first positive COVID-19 test collected (“COVID recovered”)</td>
<td>No asymptomatic testing recommended</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. For a list of AGPs refer to this [guidance](https://example.com). This would also include patients with tracheostomies and laryngostomas given their need for suctioning and possibility of other AGPs.

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Pooled OP and NP/Mid-Turbinate Collection Technique

Specimen Collection Instruction Videos Posted on HEIP COVID-19 Page

Apex Order: The order instruction will indicate that the specimen is collected as a Pooled OP and NP/Mid-Turbinate specimen collection and document the method of collection.

<table>
<thead>
<tr>
<th><strong>OP Collection:</strong></th>
<th>Swab the posterior pharynx near tonsils, avoiding the tongue, sides of mouth, and teeth.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>NP/Mid-Turbinate Collection:</strong></td>
<td>Tilt head 70°. Insert swab into nostril parallel to the palate, gently rotating the swab inward until resistance is met at the level of the turbinates. Rotate the swab a few times against the nasopharyngeal wall (approx. 10 sec).</td>
</tr>
<tr>
<td><strong>Thick Swab</strong></td>
<td>Mid-Turbinate collection</td>
</tr>
<tr>
<td><strong>Thin Swab</strong></td>
<td>NP Collection</td>
</tr>
</tbody>
</table>

Anterior Nares Collection

Specimen Collection Instruction Flyer posted on Clinical Laboratory Page

Apex Order: If the patient is asymptomatic and has had a prior COVID-19 test from this admission, the order instruction will indicate that the specimen is collected from the anterior nares.

- The order for the test on hospital day #4 will be automated as part of the admission order set.

<table>
<thead>
<tr>
<th><strong>Anterior Nares Collection:</strong></th>
<th>Insert the swab approximately ¾ inches into the nostril (naris). Rotate the swab against the inner front wall of the nasal cavity for approximately 10 seconds. Using the same swab, repeat in the other nostril.</th>
</tr>
</thead>
</table>
## COVID-19 RNA Test Specimen Collection – UPDATE 12/21/2020

<table>
<thead>
<tr>
<th>Test Kit</th>
<th>Collection Instructions</th>
</tr>
</thead>
</table>
| **Single Flocked Swab with 3mL Transport Media**<br>[Image](#) | **Pooled OP and NP/Mid-Turbinate Collection**<br>1. Collect OP sample.<br>2. Using **SAME SWAB**, collect NP/Mid-Turbinate sample.  
**Anterior Nares Sample**<br>1. Collect AN sample from one nostril.<br>2. Using **SAME SWAB**, collect sample from other nostril.  
For either specimen, then:<br>3. Place in vial, breaking off excess shaft. Close vial.<br>4. Label vial (label from Lab Collect), send to lab. |
| **Single Flocked Swab with 3mL CLEAR Media**<br>[Image](#) + **OR**<br>[Image](#) **OR** | **Pooled OP and NP/Mid-Turbinate Collection**<br>1. Collect OP sample.<br>2. Using **SAME SWAB**, collect NP/Mid-Turbinate sample.  
**Anterior Nares Sample**<br>1. Collect AN sample from one nostril.<br>2. Using **SAME SWAB**, collect sample from other nostril.  
For either specimen, then:<br>3. Place in vial, breaking off excess shaft. Swab needs to be pushed into vial until it bends to break at score. Close vial.<br>4. Label vial (label from Lab Collect), send to lab. |
| **Synthetic Swab**<br>[Image](#) | **Pooled OP and NP/Mid-Turbinate Collection**<br>1. Collect OP sample.<br>2. Using **SAME SWAB**, collect NP/Mid-Turbinate sample.  
**Anterior Nares Sample**<br>1. Collect AN sample from one nostril.<br>2. Using **SAME SWAB**, collect sample from other nostril.  
For either specimen, then:<br>3. Place in vial, breaking off excess shaft. Close vial.<br>4. Label vial (label from Lab Collect), send to lab.  
*IF kit has 2 swabs—use 1 swab for OP sample and 1 swab for NP/ Mid-turbinate sample. Place BOTH swabs in same vial.* |

**BD Universal Viral Transport (220221) with Synthetic standard swab(s)(220239)**<br>[Image](#)