How to Obtain a Nostril (Nares) Culture

1. Gather Supplies
   (1) ESwab in sterile package
   (1) Pair of clean gloves
   (1) Patient label completed with:
   • Your Initials
   • Date
   • Time

2. Educate
   Tell the patient what you plan to do:
   • Swab each nostril to look for bacteria that are resistant to antibiotics
   • No pain involved
   • Answer questions

3. Wash Hands & Put on Gloves

4. Get the Specimen
   • Open the ESwab sample collection kit and remove the tube and swab peel pouch.
   • Remove the swab applicator from the peel pouch and collect the sample from the patient:
     - Use one swab for both nostrils.
     - Insert swab into the first nostril.
     - Rub swab in a 360° circle, 3 times over the septal area of the first and then the second nostril.
     - The septum is the best place for a good specimen.
   • Aseptically unscrew and remove the cap from the tube.
   • Insert the swab into the tube and break the swab shaft at the breakpoint indicated by the colored line marked on the swab shaft.
   • Discard the broken handle part of the swab shaft into an approved medical waste disposal container.
   • Replace cap on the tube and secure tightly.

5. Place the Label on the ESwab Tube & Send to Laboratory
   • Write patient information on the tube label or apply patient identification label.
   • Send the sample to the test laboratory.