



This leaflet has been produced with the assistance of University College Hospital, London. Laryngectomees are neck breathers, taking in air through a neck stoma not the mouth and nose. This means a covid test must be done differently to how it is usually done, **swabbing the stoma not the throat**. Please look at the instructions on your test kit, as well as this leaflet. If unsure seek further advice from your clinician.

STEP ONE

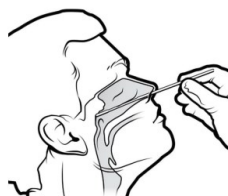
Wash your hands thoroughly



It may help to stand in front of a mirror when carrying out the test, and as you may cough, ensure nobody is near you.

STEP THREE

Now take a sample from the nose.
Use the same swab. Tilt the head back and move the swab gently into one nostril about 2-2.5cm, when you may feel some resistance. Rotate 5 or more times to ensure a good sample.



STEP TWO



Remove any HME cassette or stoma cover.
Place the swab about 2 cm into the stoma, moving it in a circular motion 5 or more times. Remove the swab and look for mucus on it. **REPEAT** if there is none.
If you use a lary tube or button do not remove it, place one hand on it to secure it whilst putting the swab in the tube to get the sample of mucus.

STEP FOUR

If you are processing the results yourself at home follow the instructions that came with the test pack

OTHERWISE

Place the swab in the pouch that has been provided, entering your details on the label before sending it away.

