

## Instructions to patients for VRE and ESBL sample testing

### Materials needed for sample collection

- Referral
- Bacterial test kit - swab and sample tube
- Transport sleeve
- If the sample is to be sent by mail you need a transport envelope address and stamp



Baktset                      Transport sleeve  
Swab and sample tube

### Sample collection at Health Care Centre

Give referral, bacterial test kit with sample tube and swab, transport sleeve and transport envelope to the Health Care Centre staff.

### Sample collection at home

1. Label both the sample tube and transport sleeve with your name and national identification number OR use the pre-numbered label affixed to the back of the referral.
2. Remove the purple lid from the sample tube.
3. Insert the swab about 5 centimetres in the rectum and rotate the swab a few times before removing it.

The sample may also be taken directly after defecation, and before wiping, by swabbing the anus. Make sure there are faeces on the swab – a small amount on the top of the swab is sufficient.

4. Insert the swab into the tube, break the stick against the edge of the tube and screw on the lid.
5. Place the tube in the transport sleeve. Keep the sample refrigerated (2°- 8°C) while awaiting transport.
6. Fill in the date of sampling on the referral.
7. Bring the sample as soon as possible, preferably on the same day, to the nearest Health Care Centre laboratory.
8. If the sample is to be sent by mail.  
Place the sample and the referral into the transport envelope and either drop it at a mailbox or leave it at the post office. Avoid sending samples on Fridays and on days before holidays as there is no mail delivery the following day.