

# Nasal Wash-Procedural Guidelines

- 1.) Have patient blow their nose into a tissue to clear excess mucus.
- 2.) Tuck bib into patient's shirt collar.
- 3.) Uncap pre-filled saline syringe and specimen collection container. Break the seal on the syringe by gently expressing a small amount of saline into the tip of the hub.
- 4.) Have patient tilt their head back so they are able to look directly at the ceiling while they hold the specimen collection container up to their chin area.

Steps 4-6



Step 7

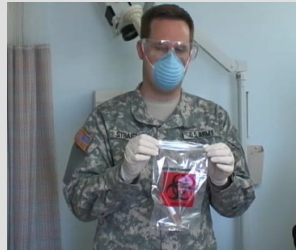


- 5.) Encourage patient to not swallow saline by saying “Ka Ka Ka” or making a constant “choking sound” while saline is expressed into their nostrils.
- 6.) Gently express 2-4 mL of sterile saline into the patient's right nostril. Saline will drain back into the back of the nasopharynx.
- 7.) After a few seconds, have the patient lean their head far enough forward so the saline will drain into the specimen collection container. **Repeat for second nostril.**
- 9.) Offer patient a facial tissue or have them use the bib to wipe away excess saline from their face.
- 10.) Mix the contents with the Viral Transport Medium (VTM) included in the kit. Bending the rim of the cup will help in pouring the contents into the VTM tube.

Step 10



Step 11



- 11.) Place specimen in the biohazard bag included in the kit and forward to laboratory for packaging and shipment to USAFSAM. In order to maintain optimal quality for diagnostics, please be sure to ready the specimen for immediate shipment.

## Storing, Packing and Shipping

### Specimen stability

Refrigerated: Up to 4 days in VTM; ship on gel packs.

Frozen (-70°C): Greater than 72 hours; ship on dry ice. Please contact USAFSAM if dry ice is not available at your site.

Frozen (-20°C): **Not Acceptable**

Viral transport supplies may be ordered by emailing our Customer Service department at [epilab.help@brooks.af.mil](mailto:epilab.help@brooks.af.mil) or by calling 210-536-1673 (DSN: 240-1673).

Please ship to: FedEx number: 42517729

USAFSAM/PHE- 2730 Louis Bauer Drive, Building 930

Brooks City-Base, TX 78235-5132

For additional packing and shipping details, please see the USAFSAM/PHE Lab website:

<https://kx.afms.mil/epi>

Please see the video demonstration at <http://www.airforcemedicine.afms.mil/flu>

For other information please see our NEW website at:  
<https://gumbo2.brooks.af.mil/pestilence/Influenza/>

**-Important-**  
**For Military Treatment Facilities:**  
**Please remember to order**  
**“Respiratory Viral Culture(EPI)”**  
**in CHCS for respiratory surveillance.**

