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Title: Patient instructions for MRSA self collect			Effective Date: 27.01.2026
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Patient instructions for the self-collection of MRSA swabs

General instructions

Before you start:

- wash hands thoroughly with soap and water
- use one swab per site unless your provider tells you otherwise
- do not clean the area beforehand
- avoid touching the swab tip to anything except the skin area being sampled
- after collection, place each swab back into the tube and secure it
- label each swab with:
 - your first name and surname
 - your date of birth
 - site of the sample collect (e.g. groin, perineum, anal)
 - date and time of the collect

Nasal

1. Tilt your head back slightly
2. Insert the swab approximately 1cm into one nostril
3. Rotate the swab against the side of the nostril 5 times
4. Place the swab back into its tube

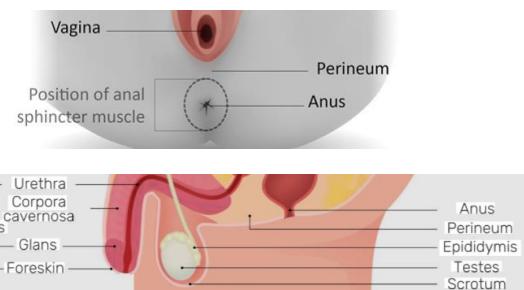
Groin

1. Gently expose the skin between your inner thigh and your pubic area
2. Roll the swab over the skin crease on both sides, using the same swab for each side
3. Rotate the swab whilst rolling it over the skin
4. Place the swab back into its tube

Perineum

The perineum is the skin between your genitals and your anus

1. Gently swab the skin of the perineum
2. Roll and rotate the swab over the surface of the skin
3. Avoid contact with faecal residue
4. Place the swab back into its tube



Anus

1. Insert the swab about 1cm into the anus
2. Gently rotate the swab
3. Remove the swab from the anus and place the swab back into its tube

Axilla (armpit)

1. Raise your arm and firmly roll the swab over the skin of the armpit
2. Rotate the swab to fully cover the area
3. Repeat for the other arm using the same swab, unless instructed otherwise
4. Place the swab back into its tube