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# Protocol for sampling and transport of nose- and thoratsamples in the Fit Futures study V.2

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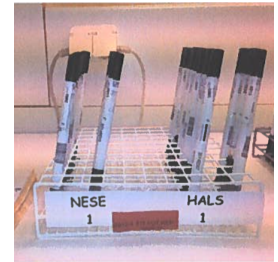
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**Protocol status:** Working

**We use this protocol and it's working**

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## Abstract

The aim of the study is to evaluate prevalence of *Staphylococcus aureus* in a youth population. This samples will be connected to other possible riskfactors for *Staphylococcus aureus* carriage.

## Materials

### MATERIALS

☒ Sterile NaCl 9 mg/ml (0.9%) **B.Braun Medical Inc**

☒ Sterile rayon-tipped swab **Puritan**

☒ Transport medium - Amies Copan

☒ Tongue spatula - wood

☒ Hand disinfection **Antibac**

4 Sterile rayon-tipped swabs for each participant

## Before start

Wash hands with soap and water or use hand disinfection to prevent contamination of the samples. The examiner should use facemask to protect the participant if necessary. If the participant has secretion from the nasal cavity, the participant should blow ones nose before sampling.

## Nasal samples

- 1 Moisture the rayon-tipped swab in 2-3 drops of sterile NaCl 0,9 mg/ml. There should be two samples from the nasal cavity.
- 2 Lead the rayon-tipped swab carefully into the nasal cavity approximately 1-2 cm and rotate with delicate pressure 3 times in both nasal cavity. The same swab should be used for both anterior nares.
- 3 Place both swabs in the Coban transport medium.
- 4 Label the transport medium with testnumber and nasal swab 1 and 2. Nasal swab 1 is used for detection of bacterial analysis, and swab 2 for microbiome analysis.
- 5 Wash hands with soap and water or use hand disinfection after procedure

## Throat samples

- 6 Moisture the rayon-tipped swab in 2-3 drops of sterile NaCl 0,9 mg/ml. There should be two samples from the throat.
- 7 Ask the participant to open his/her mouth. Press the tongue spatula against the tongue and ask the participant to say "aaa". This will simplify the sampling because this will better the view of the tonsil region.
- 8 Lead the rayon-tipped swab into the oral cavity and swab with moderate pressure on both tonsil regions (palatine tonsils). If the participants has had a former tonsillectomy/tonsillotomy the swab should be taken from the area of the removed tonsils. Use the same swab on both tonsils.
- 9 Place both swabs in the Coban transport medium.
- 10 Label the transport medium with testnumber and throat swab 1 and 2. Throat swab 1 is used for detection of bacterial analysis, and swab 2 for microbiome analysis.
- 11 Wash hands with soap and water or use hand disinfection after procedure



## Transport

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- 12 The swabs should be placed in a suitable rack. If not picked up immediately, the samples should be placed in refrigerator awaiting pickup.