

# Bethematchorg Swab Guide



## Swab guide

### General instructions

- Essential labelling information:
  - Full name, date of birth, sex
  - Collector initials
  - Site, date and time of collection
- Check expiry date of swab prior to use
- Ensure cap is replaced firmly
- Swabs should not be refrigerated
- PCR requests - one swab per pathogen

### Microbiology swabs (bacterial culture, bacterial/viral PCR)

Insert swab shaft into tube, snap shaft at marked line and recap tube

#### Sigma Transwab® (standard shaft, orange top) - Sampling any site, including genital

- Bacterial culture (aerobic and anaerobic)
- All bacterial and viral PCR (except MRSA)
- Screening for multi-resistant organisms e.g. VRE, ESBL, CPE (except MRSA)
- NOT for cervical screening for HPV



#### Sigma Transwab® (thin shaft, blue top) - Nasopharyngeal collections only

- Pertussis and/or respiratory virus PCR



### Special collections

#### Flocked swab (red top)

- Patient self-collect for HPV PCR (must be supervised by clinician)
- Buccal swab for some genetic tests



#### cobas® PCR swab (yellow top)

- STI PCR testing, including chlamydia, gonorrhoea, Mycoplasma genitalium and Trichomonas PCR
- Cannot be used for other PCR collections
- Flocked swab for specimen collection; cotton swab to clear excess cervical mucus if required (discard after use)
- NOT suitable for culture or cervical screening for HPV



#### MRSA screening PCR Swab kit (2x pink shaft + 1x white shaft, pink top) - One swab per site

- Specifically for MRSA screening (cannot be used for VRE, ESBL or CPE)
- Swab collection sites include throat, nose & groin; +/- wound. If any wounds present, use Sigma Transwab® (standard shaft, orange top) for each site.



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**bethematchorg swab guide** is an essential resource for individuals interested in becoming bone marrow donors. The process of joining the Bone Marrow Registry can seem daunting, especially when it comes to understanding how to collect and submit your saliva samples for testing. This guide aims to demystify the swabbing process, outline its importance, and provide you with step-by-step instructions to ensure you can contribute to saving lives.

## Understanding the Significance of Being a Bone

# Marrow Donor

Bone marrow donation is a crucial procedure that can save the lives of patients suffering from blood cancers, such as leukemia and lymphoma, as well as various blood disorders. The need for donors is significant, and the more diverse the registry, the better the chances of finding a match for patients in need.

## Why Join the Registry?

- Life-Saving Potential: One donation can significantly impact a patient's life, offering them a chance at recovery.
- Diversity Matters: Patients are more likely to find a match within their ethnic and racial communities, making diverse donors vital.
- Simple Process: The initial registration process is straightforward and can be completed from the comfort of your home.

## The Swabbing Process: Step by Step

Participating in the Bone Marrow Registry involves a simple process of swabbing your cheeks to collect saliva samples. Here's how to do it:

### 1. Request a Swab Kit

To begin, you must request a swab kit from the **bethematchorg** website. Here's how:

- Visit the [bethematch.org](https://bethematch.org) website.
- Click on the "Join the Registry" option.
- Fill out the necessary personal information.
- Submit your request for a swab kit.

### 2. Receive Your Swab Kit

Once your request is processed, you'll receive a swab kit containing:

- Sterile swabs (usually 4-6).
- Instructions on how to complete the swabbing process.
- A return envelope for sending back your samples.

### 3. Prepare for Swabbing

Before you begin the swabbing process, consider the following:

- Do Not Eat or Drink: Avoid eating or drinking for at least 30 minutes prior to swabbing to ensure the accuracy of your samples.
- Find a Comfortable Area: Select a clean, comfortable space where you can

complete the swabbing without interruptions.

## 4. Collect Your Samples

Follow these steps to collect your saliva samples:

- Open the Swab Package: Carefully remove a swab from its packaging without touching the sterile tip.
- Swab Your Cheek: Rub the swab on the inside of your cheek vigorously for about 30 seconds. Ensure you cover a large area to collect an adequate sample.
- Repeat the Process: Use a new swab for the other cheek and repeat the process.
- Store the Swabs: Place the swabs back in their original packaging or as instructed in the kit.

## 5. Send Back Your Samples

After you have collected your samples, it's time to return them:

- Seal the Envelope: Follow the instructions to place your swabs in the return envelope provided.
- Mail the Kit: Use a postage-paid envelope if provided, or affix proper postage to ensure it reaches the designated address promptly.

## 6. Wait for Confirmation

Once your samples are received and processed, you will be notified of your registration status. This may take several weeks, so be patient.

## What Happens Next?

After you've registered and submitted your samples, your information will be added to the national registry. Here's what you can expect:

### 1. Be Prepared for a Match

If you are matched with a patient needing a transplant, you will be contacted by a representative from **bethematch.org**. They will guide you through the next steps, including further testing and the donation process.

### 2. Understand the Donation Process

If you get matched, you may be required to donate through one of two methods:

- Peripheral Blood Stem Cell (PBSC) Donation: This non-surgical method

involves taking medication for several days to increase stem cell production, followed by a procedure similar to donating plasma.

- Bone Marrow Donation: This surgical method requires anesthesia and involves extracting marrow from the pelvic bone.

### 3. Stay Informed

Keep your contact information up-to-date with **bethematchorg** and stay informed about your eligibility and the needs of the registry. Regular updates can also help you understand how your contribution can make a difference.

## Common Questions About Swabbing

### 1. Is the Swabbing Process Painful?

No, swabbing is a painless procedure. It simply involves rubbing a sterile swab inside your cheek to collect saliva.

### 2. How Long Does It Take to Complete the Swabbing Process?

The entire swabbing process should take no more than 5-10 minutes.

### 3. Can Anyone Join the Registry?

Most individuals between the ages of 18 and 44 can join. However, there are specific health criteria that may disqualify you, so check the guidelines provided on the **bethematchorg** website.

### 4. What If I Change My Mind?

You can opt-out of the registry at any time by contacting the organization. However, consider the impact of your decision on patients in need.

## Conclusion

The **bethematchorg swab guide** provides a clear and concise pathway for individuals who wish to join the Bone Marrow Registry and potentially save lives. By understanding the importance of swabbing, following the outlined steps, and staying informed, you can play a critical role in helping patients in need. So, take the first step today—request your swab kit and become a beacon of hope for those fighting blood cancers and disorders. Your willingness to help could make all the difference.

## **Frequently Asked Questions**

### **What is the purpose of the Be The Match swab guide?**

The Be The Match swab guide helps individuals understand how to properly collect a cheek swab sample for the purpose of joining the bone marrow registry.

### **How do I use the Be The Match swab kit?**

To use the Be The Match swab kit, follow the instructions provided, which typically involve swabbing the inside of your cheek with the provided applicator and then returning the sample in the provided packaging.

### **Is there an age limit to participate in the Be The Match registry?**

Yes, individuals between the ages of 18 and 44 are encouraged to join the Be The Match registry, although those up to age 60 can also register.

### **What should I do if I lose my Be The Match swab kit?**

If you lose your Be The Match swab kit, you can request a new kit through the Be The Match website or by contacting their customer service.

### **Are there any health restrictions for participating in the swab process?**

Yes, potential participants should be in good general health and free from certain medical conditions that may disqualify them from donating bone marrow or stem cells.

### **How long does it take to receive results after submitting my swab?**

Typically, it may take several weeks to process your swab and for you to receive confirmation of your registry status.

### **Can I swab myself for Be The Match?**

Yes, individuals can swab themselves at home using the Be The Match swab kit, following the provided instructions carefully.

### **What happens if I'm a match for a patient after swabbing?**

If you are a match for a patient, Be The Match will contact you to discuss the next steps, which may include further testing and the donation process.

### **Is there a cost associated with joining the Be The Match registry?**

No, there is no cost to join the Be The Match registry or to receive a swab kit; the process is funded by donations and grants.

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"Get the ultimate bethematchorg swab guide for a simple and effective way to join the registry. Learn more about the swabbing process and make a difference today!"

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