



Povidone Iodine Nasal Swab Application - Instructions

Thank you for participating in the SHIELD study! If you have any questions, please call our lab at 608-263-6962.

If you are collecting the nasal swab at the same time as applying the povidone iodine: collect the nasal swab before applying the povidone iodine.

Aim to apply the povidone iodine every twelve hours. If you miss a dose, just apply it as soon as possible. The povidone iodine swab stick can still be applied to the nares even if you have a cold or runny nose.

Opening the povidone iodine tube

1. Hold applicator tube between thumb and forefinger at blue band with tube in vertical position with tip/handle up. With the other hand, place thumb and forefinger at base of handle (“thumb to-thumb”).
 - a. In vertical position with tip up, swabstick can be gently tapped against a hard surface to push any excess solution to bottom of swabstick tube.
 - b. Hold at mid-torso level, not by face.
2. Bend and snap open along break line (Figure 1)
 - a. Break at “score line” (upper ridge) above blue band.
 - b. First snap of swabstick should be outward away from you.
3. Bend and snap in opposite direction to disconnect swabstick
4. Remove swabstick from tube (Figure 2). Discard tube.
 - a. *After removing swabstick, do not place back into tube. Swabstick is pre-saturated with the correct amount of solution at time of removal. Placing swabstick back into tube can cause solution to splash. Discard swabstick tube or place on nearby table to discard later.*

Figure 1. Breaking open the povidone iodine tube



Figure 2. Removing the povidone iodine swabstick from the tube



Applying povidone iodine to anterior nares

1. **(1st Naris)**: Gently insert one PI-saturated swab stick into the anterior naris (either left or right, Figure 3).
With slight pressure, gently move the PI-saturated swab stick in a circular motion along the nasal wall (**covering all surfaces**) for at least 15 seconds. Discard used swab stick.
2. **(2nd Naris)**: Use a second new, unused PI-saturated swab stick to repeat (first process) on the **second naris**.
With slight pressure, gently move the second PI-saturated swab stick in a circular motion along the nasal wall (**covering all surfaces**) for at least 15 seconds. Discard used swab stick.

Figure 3. Inserting the povidone iodine swabstick in the anterior naris



There will be a temporary brown stain inside the nasal passages post-application. If PI solution runs down from nares, you may blot the end of your nose with tissue.

If you experience a mild reaction when applying the PI, please fill out the study Adverse Event (AE) form. If you experience a moderate or severe reaction, please discontinue use, fill out the AE form, and contact the study coordinator Kendra Haight at (608) 262-6560. Seek medical attention if needed.