

*If your doctor orders a throat culture or “strep test”, it is necessary to swab your throat in order to do the test. A laboratory person will swab your throat. Taking a throat swab is quick and almost painless.*

1. The laboratory person will ask you to sit in a chair and lean back slightly.
2. Then you will be asked to open your mouth widely and breathe through your nose. He or she may use a flashlight to look into the back of your throat.
3. A tongue depressor will be placed on your tongue and you will be asked to say “AHHHHH”.
4. The back of your throat will be quickly and gently swabbed with a sterile “Q-tip”.

