



Important information about the COVID-19 Do-It-Yourself Test Kits and BON (buccal/oral/nasal) swab technique

10/18/2021

The CHEO Assessment Centre at Brewer Park Arena now offers Do-It-Yourself Test Kits. Opposed to booking a traditional in-person appointment for a COVID-19 test, parents can choose a convenient date and time to pick-up a Do-It-Yourself Test Kit. The test kit includes instructions, a registration form and a self-swab PCR test. Once completed either on-site, in the car, or back at home, the test kit is then dropped off at Brewer for processing at the lab.

Important: You do NOT need to contact Ottawa Public Health before going to an assessment centre or booking a test.

Please read the following before scheduling a pick-up time for a Do-It-Yourself Test Kit at the CHEO Assessment Centre at Brewer Park Arena.

Important information about booking an appointment:

Appointments can only be booked for children and youth over two months of age and under 18 years old.

The majority of pick-up kits available for children and youth at the Brewer site must be reserved with an online booking. Scheduled appointments help minimize a family's time on site and allow crowd size to be reduced and physical distancing to be maintained. We have a very limited number of walk-up appointments available to get kits. These are meant for people who don't have access to the online booking system.

Please ensure the information you are providing at the time of booking is correct before booking your appointment.

[Schedule a Do-It-Yourself Test Kit pick-up time at the COVID-19 CHEO Assessment Centre at Brewer Park Arena](#)

CHEO manages the online appointment booking system and the above booking form. If you have difficulties accessing the form, please email: testinginquiries@cheo.on.ca

If you need to cancel your appointment, please email your appointment confirmation to: testinginquiries@cheo.on.ca and notify CHEO as soon as possible.

If you have concerns or compliments, please contact [CHEO's Patient Experience team](#). For those requiring extra support for accessibility reasons, please contact CHEO's Patient Experience team at 613-737-7600 x6720.

Important information about attending your appointment:

Please bring confirmation of your appointment time (printed or on your phone).

Please plan to arrive in the parking lot no more than 20 minutes before your scheduled time and then make your way to the door for your scheduled pick-up time. Those arriving more than 15 minutes late for their appointment may not be able to receive a kit and may have to rebook.

Picking-up your Do-It-Yourself Test Kit:

When you arrive, you will receive a kit that contains testing supplies, instructions and a registration form that must be returned with your completed kit.

When completing the registration form, you have the option of doing most of it online from a QR code included in the kit. It is very helpful if you can do it that way, so please bring your internet-enabled device if you can. You will need hand sanitizer, tissues, a pen, your health card or proof of health coverage, and information about your family doctor (name, address, phone number). Those without health coverage can still be tested.

Please note that the test kits are intended to be picked-up, completed and returned on the same day. The test solution has a short expiry period which means that the kits are **not** intended to be picked up and held onto for "just in case" testing scenarios.

Using the Do-It-Yourself Test Kit:

You will be using a less invasive swabbing technique to do the test yourself. This BON (buccal/oral/nasal/) swabbing technique is easy, well-tolerated and produces accurate results. Older children and teens can swab themselves with parental support.

There will be instructions in the kit, but please watch [this video](#) to familiarize yourself with this new technique. You can practice with a Q-tip at home. Allowing your child to do the swab themselves (with your support) helps to empower them and overcome their refusal to do the test. Please **do not** allow your child to eat, drink or chew gum 30 minutes prior to the test.

Dropping-off your Do-It-Yourself Test Kit:

You will return your completed kit to the staff at the Brewer Assessment Centre for processing.

IMPORTANT: Please make sure to check the expiry date of the test kit solution (the pink liquid inside of the tube) before using the test. Staff distributing the kits can help you find the expiry date and will replace the test kit if it is expired.

The lab cannot process expired Do-It-Yourself Test Kits or Take Home Test Kits.

Location and hours:

Brewer Park Arena
151 Brewer Way, Ottawa

Hours of operation:

- Monday to Friday: 10:30 am to 5:50 pm
- Saturday and Sunday: 8:30 am to 3:30 pm



Frequently asked questions about the Do-It-Yourself Test Kit

Can I pick-up a test kit to save for later?

No. The test kits are intended to be picked-up, completed and returned on the same day. The test solution has a short expiry period which means that the kits are **not** intended to be picked up and held onto for “just in case” testing scenarios.

Who can use the test kits?

The Do-It-Yourself Test Kits are available for children and youth two months of age to 18 years old who meet [current provincial testing criteria](#).

Is the Do-It-Yourself Test Kit a rapid test?

No, the test kit is a lab-based PCR test. Unlike a traditional in-person COVID-19 test (which uses the nasopharyngeal swab technique) the test kits uses a BON (buccal/oral/nasal) swab that was developed with kids in mind. This method is less invasive and more comfortable.

How is the test kit used?

Conducting a self-swab is easy and can be done by a child with their parent’s help. CHEO’s video [How to do a combined nose and mouth swab for COVID-19](#) shows parents and kids how to perform the test.

What is the registration form for?

The registration form will help the CHEO team process the test kit, send it to the lab and report your child’s result. It is critical that families complete the entire registration form (on paper in the kit) or online using the QR code so that it doesn’t delay us having to reach out for missing information or not able to share results easily with them. Even if you do the registration on-line, you will need to complete the top part of the paper form and return it in the kit.

How long will it take to conduct the test kit once I arrive?

It will take you about 15-20 minutes to read these instructions, watch the video, do the swab, and fill in the registration form. There may be delays due to unforeseen circumstances.

My child won't let me complete the test. What do I do?

Some children may remain quite scared of the test despite having had it before or even after watching the video. If they are old enough, let them practice themselves with a Q-tip and let them dictate the pace and which cheek or nares to do first – sometimes having these choices empowers them to confidently complete the test. If it still just isn't working, please approach the Brewer staff outside the arena for assistance.

We dropped the swab on the ground. What do we do?

Please approach the Brewer staff outside the arena and they will get you another swab.

Can I have an in-person test if I schedule a pick-up?

Please do not book a pick-up time in the hopes of having an in-person test, and vice versa. Our ability to manage demand requires that people sign up for the right one from the start.

How do I access my child's test results?

All test results will be made available through the provincial COVID-19 Test Results site, and can be accessed using a valid health card. If you are signed up for CHEO's MyChart (which is different than the MyChart for patients of The Ottawa Hospital), you will receive an email when your results are available on MyChart. The kit and your confirmation email include information about how to sign up for CHEO's MyChart. If the result is positive, a member of CHEO's staff will notify you by calling the phone number provided when you registered your completed kit. Ottawa Public Health (OPH) will also be contacting you if your test result is positive, to complete contact tracing and advise you further.

I booked an appointment but didn't receive a confirmation email or number. How do I know if my appointment went through?

Please check in your junk mail. If you can't find the email confirmation there, please contact testinginquiries@cheo.on.ca with details of your child and when you believed you had booked an appointment.

I'm having issues booking an appointment through the online booking system. What should I do?

Please contact testinginquiries@cheo.on.ca with details of your problem and your contact information, including a number you can be reached at. A member of our team will contact you as soon as they can, usually within 24 hours.