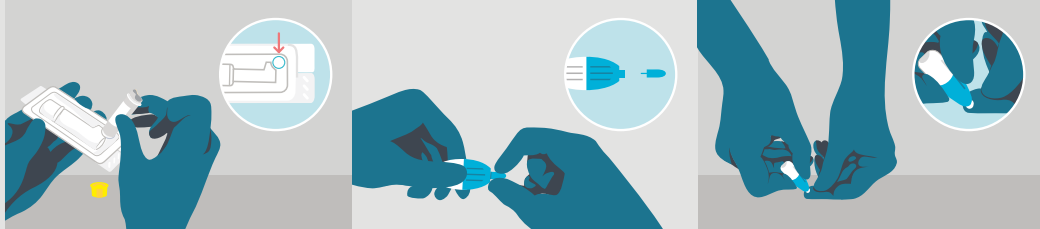


Watch:

youtu.be/vZ95tnbcexs
We have also sent you this link in a text message.

Check:

Do you have everything listed on the other side?

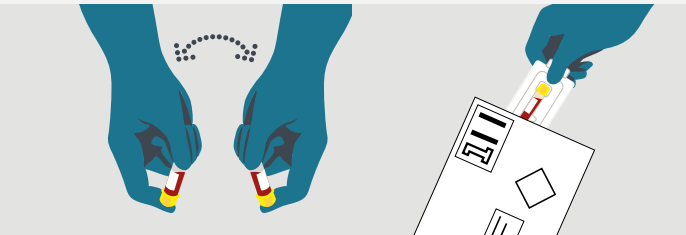
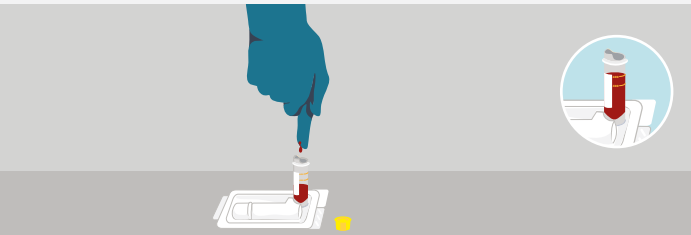


1 People find this 10 times easier after watching this 2 min video. Make sure you're hydrated and warm, this will help your blood flow. Drink lots of water, have a shower or exercise just before.

2 Remove the lid from the blood tube. Close the protective case. Now push the tube into the corner of the case so it can stand up (as seen in step 5).

3 Twist and pull the tip off a lancet then use a wipe to sterilise your chosen finger. If you feel faint, ask someone to help or be with you. Stand up but have a chair nearby.

4 To make the small cut, lay your hand on a flat surface and press the lancet **firmly** into the side of your fingertip where the skin is softer. If the lancet doesn't work, try another.

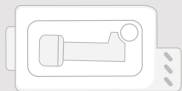


5 Stand over the tube, keeping your arm straight. Massage down from your palm to your fingertip directing drops of blood into the tube. If your blood stops flowing, before pricking another finger, try to warm up, exercise and rehydrate. Once you have filled to the 600 line, push the yellow lid down so it clicks. If you can't get to 600, but are over 400, send it back anyway. Use a sterile wipe to clean your finger then apply a plaster. Use a tissue to wipe the sample tube clean.

6 Turn the tube upside down 5 times then place the tube into the protective case. Wash your hands. Please ensure your samples are tightly shut and clean before placing them and your lab card into the biological substance freepost return envelope which is addressed to our lab. Note down your tracking ID which starts with a # and is found under the barcode on the address label of the lab return postage bag. Return your blood sample ASAP (always within a day or two) in any Royal Mail post box.

What is included in the kit?

This is a simple and reliable test designed to be safely used at home. If you are missing anything please text us. Do not reorder another test.



Protective case



Sample tube



3 Lancets



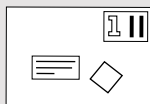
2 Sterile wipes

You can dispose of these in the normal bin as they have retractable blades. They are not needles.

You will also need some tissue.



2 Plasters



Lab return envelope

Expiry date: please use this kit within 6 months. You can check the expiry date on the side of the blood tube if you have had your kit for some time.

How long does this test take?

5-10 minutes. Watching the video will help you collect your sample more quickly. Being warm and keeping your arm straight will really help blood flow to your finger.

When should I do the blood test?

Infections take time to show in tests. We recommend testing 7 weeks after potential exposure to HIV and then consider testing again 5 weeks later as the window period for syphilis, hepatitis B and hepatitis C is 12 weeks.

Do I need to write my name on the samples?

No. We have already labelled your samples with a unique QR code. If you forget to include your lab card, don't worry as your unique QR code identifies your samples to the lab.

What will this test for?

Your lab card lists which tests will be carried out. If you think something is missing, text us, do not reorder.

Can I request more lancets (used to prick your finger)?

Text 'lancets' to 07860 041 233.

Contact us:

By text: 07860 041 233
By email: sh24.info@nhs.net

Where do I send my samples?

You should have a freepost biological substance postage envelope that is already addressed to our lab included in your kit. Do not send your samples back in the same envelope that you received your kit in - throw this grey bag away.

Can I track my samples on their way to the lab?

Yes. Note down your tracking ID which starts with a # and is found under the barcode on the address label of the lab return postage bag. Track it on:
www.royalmail.com/track-your-item

What happens next?

We will text you when your samples arrive at the lab.

We will then text you your test results, so you may want to edit the notification settings on your phone for extra privacy.

In some cases we will need to speak with you on the phone.

If you do have an infection we will offer advice on how to get treatment and support.

FAQs:

sh24.org.uk/faqs

Watch this short tutorial video of someone doing the test:
youtu.be/vZ95tnbcexs