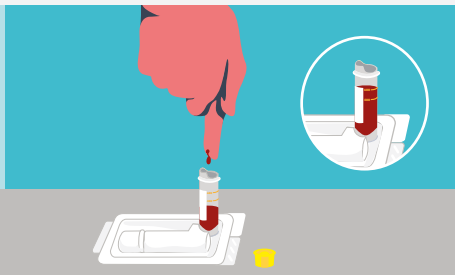
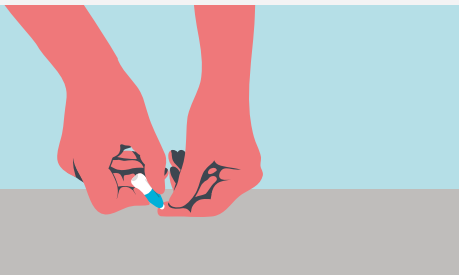


1 Warm up to help your blood flow. Do the test after having a shower, bath, soaking your hand in warm water, exercising or holding a warm mug.

2 Remove the yellow lid from the tube. Close the protective case and gently push the tube into the corner of the case, so that it stands up, as shown above.

3 Twist and pull the tip off a lancet. Then use a wipe to sterilise your chosen finger.



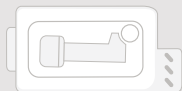
4 To prick your finger, lay your hand on a flat surface. Press the lancet firmly into the middle of your fingertip.

5 Stand over the tube, keep your arm straight and massage down your finger (if your blood stops flowing, prick another finger). Fill to the top 600 line, then push the yellow cap down firmly (so it clicks).

6 Gently turn the tube upside down 5 times. Put the tube into the protective case. Place all your samples and **lab card** into the grey freepost envelope and post 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.



Protective case



Sample tube



3 Lancets



2 Sterile wipes



2 Plasters

You will also need some tissue

How long does this test take?

It is best to do this when you have 5-10 minutes spare. Watching the video will help you take your sample more quickly whilst being warm and keeping your arm straight will really help blood flow to your finger.

When should I take this test?

You should wait 4 weeks after you think you could have been exposed to HIV and 12 weeks for Syphilis. This is because it takes time before STIs can be detected in a test. If unsure, test now and repeat later. You can do this test at any time of day.

What will this test for?

We use your blood samples to test for Syphilis and/or HIV. Check your lab card to see which tests will be carried out using your samples.

Do I need to write my name on the samples?

No, we have already labelled your samples with a unique code - this is to ensure your experience is as easy and discreet as possible.

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

Yes, text 'lancets' to 07860 041 233.

What happens next?

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

We will then text you your test results as soon as possible (always within 7 days).

If you do have an infection we will advise you how to get treatment and further support.



Watch this short tutorial video of someone doing the test:
bit.ly/bloodtestSH24

Contact us:

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

FAQs:

sh24.org.uk/faqs