Before attempting to collect a sample, please read this instruction leaflet carefully.

This kit contains:

- Swab
- Sample tube containing transport medium
- Clear sealable bag
- Transport box
- Diagnostic test requisition form
- Instructions leaflet & Prepaid label

1. Unpack your test kit and use a ballpoint pen to clearly fill out all of your details on the test requisition form.
2. Complete the peelable label from the requisition form and attach to the sample tube.
3. Blow your nose to ensure nothing interferes with the test.
4. Then wash your hands with soap and water for 20 seconds.

1. Remove the swab from its packaging, being careful not to touch the fabric end on anything as this could contaminate the swab.
2. Using a mirror, look at the back of your throat and rub the fabric end over your tonsils (or where they were if you’ve had them removed) 5 times.
3. Remove the swab being careful not to touch anywhere else in your mouth.

4. Place the swab into the small sample tube containing liquid, snapping or cutting off any excess stem and ensure the lid is securely closed.

Wash your hands.

5. With the same swab, insert the fabric end into your nostril making sure you don’t touch any other part of your face, until you reach resistance (usually about 2.5cm).
6. Rotate the swab 5 times against the inside of your nose. Carefully remove and repeat in the other nostril.

Place the sample tube inside the clear plastic bag (leaving the absorbent material inside the bag), peel off the adhesive strip and seal firmly.

This kit contains:

- Sample tube containing transport medium
- Clear sealable bag
- Transport box
- Diagnostic test requisition form
- Instructions leaflet & Prepaid label
• Place the clear plastic bag containing the sample along with the completed requisition form into the UN3373 transport box

**NOTE:**
It is essential that you return the completed test requisition form with your swab and that the tube is labelled

• **Close the box carefully**

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• Ensure the box is **securely closed** and the flaps are tucked inside the box

• Attach the **security seal** to the flap and bottom of the box, in the areas marked

• Attach Prepaid label to the transport box

• Drop off your item at your nearest Royal Mail Priority Postbox and post your completed test, whilst adhering to social distancing rules and local Health Department guidelines

• To find your nearest Priority Postbox [Click here](#)

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**Testing will be carried out at:**

**Source BioScience laboratories, 1 Orchard Place, Nottingham Business Park, Nottingham NG8 6PX.**

Testing will be performed using CE-IVD RT-PCR testing kits for the SARS-CoV-2 virus.

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**CHECK!**

**Before returning your swab collection kit, please ensure that:**

1) Your details have been written on the test requisition form

2) You have completed the sample label in the top right of the requisition form and placed on to your sample tube

3) Your completed test has been placed inside the provided box with the test requisition form

4) Using the security label enclosed please seal the box

**Please note, samples will not be processed with missing information.**