

INSTRUCTION SHEET FOR HOME TESTING

Your Home rt-PCR Kit

Your Home Kit includes:

- 1x instruction sheet (1)
- 1x swab (2)
- 1x sample collection tube (3)
- 1x absorbent pad (4)
- 1x plastic bag (5)
- 1x UN3373 return envelope (6)



1) Taking the sample



Make sure to thoroughly wash your hands before starting.



Open your kit and carefully remove the swab from its cover without touching the soft tip.



Rub the swab against the back wall of the throat, on your tonsils, and turn 5 times on each side.



Gently insert the same cotton bud inside one of your nostrils until the tiny mark reaches inside. Turn the swab around inside the nose for 5 seconds, and repeat in the other nostril using the same swab.



Place the swab in the tube containing the transport medium and stir it around the liquid for minimum 10 seconds, then remove the swab and place the lid back onto the tube.



Get rid of the swab in the bin, and wash your hands again.

2) Registering your kit

Please register your kit online at <http://covid.biogroup-laboratory.co.uk/en/registry>. Registering your kit is crucial in order for us to deliver your test results. Make sure that you follow the steps outlined in this instruction sheet.



3) Returning your sample

Packing Instructions



Make sure to write your Name, Surname, and date of birth on the blank label which is already on your specimen bag.



Put the specimen bag containing your tube sample and absorbent pad into the return envelope.



Seal your envelope carefully.



Send your kit back to us!

Return Instructions

Biogroup Laboratory has arranged for you to get a pre-paid label to send your kit back to us with DX or with Royal Mail.

All you will need to do is drop your kit at the nearest DX or Royal Mail priority postbox. It will arrive at our lab the next day. From then, we will need **24 hours** to send you your results.

If it is easier for you, you can also decide to use an alternative courier service to send your kit back to us. Our address is already on the return envelope. Otherwise, you can drop your kit directly at one of our centres. Visit <https://biogroup-laboratory.co.uk/home-kits> for more information.

If you are using your own courier service, make sure that your return label does not cover our address or the UN3373 logo.