

INSTRUCTION SHEET

FOR DAY 2 AND 8 HOME TESTING

STEP 1: REGISTERING YOUR TEST



IMPORTANT: Registering your kit is crucial. We will not be able to deliver your results if you do not register.

Go to <https://covid.biogroup-laboratory.co.uk/en/registry> to register your tests one by one.

- Complete your Day 2 Test as soon as you receive it.
- Complete your Day 8 Test after your 8th day of self-isolation.

[You can find your tube numbers here >>>](#)

DAY 2

DAY 8

STEP 2: 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 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 in the liquid for about 10 seconds. Remove the swab and place the lid back onto the tube.



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

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STEP 3: PACKING YOUR TEST



Write down your tube number and keep it somewhere safe. Write down your name, surname, and date of birth on your specimen bag and on your label, which you can then stick on the tube.



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!

STEP 4: RETURNING YOUR TEST

Your return stamp with Royal Mail is already on your return envelope. All you will need to do is drop your kit at the nearest Royal Mail priority post-box. We will need **up to 24 hours from arrival at the lab** to send your results.

If it is easier for you, you can also decide to use an alternative courier service or drop your kit directly at one of our centres.

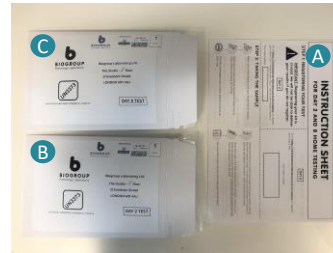
YOUR TRAVEL TEST PACKAGE

Your package contains:

- 1x instruction sheet **(A)**
- 1x Day 2 kit **(B)**
- 1x Day 8 kit **(C)**

Each kit contains:

- 1x swab **(1)**
- 1x sample collection tube **(2)**
- 1x absorbent pad **(3)**
- 1x plastic bag **(4)**
- 1x UN3373 return envelope



CHECKLIST

Before sending us your completed test, please check that:

- You have correctly registered your test**
- Your sampled swab has been placed inside the bag**
- You have written your name on the plastic bag**
- You have properly sealed your return envelope**