

INSTRUCTION SHEET

FOR 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 test.

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



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 break the other end of the swab to leave the soft tip inside the tube. 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.



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



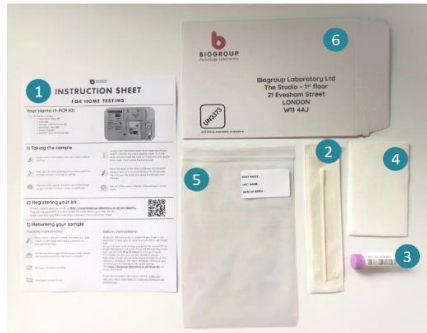
Seal your envelope carefully.



Send your kit back to us!

YOUR HOME KIT

- 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)



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.

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

CHECKLIST

Before sending us your completed test, please check that:

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