

STEP 1: REGISTERING YOUR TEST (on the day you take the test)



IMPORTANT: Registering your kit is crucial. Your kit may be rejected by the laboratory 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:



Please write your tube number here
and keep this sheet:

STEP 2: TAKING THE SAMPLE



Blow your nose and throw the tissue away in a waste bin. 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 on the swab 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 rotate the swab inside the medium 10 to 15 times (to inoculate the medium).



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



BIOGROUP
Pathology Laboratory

HOME TESTING INSTRUCTION SHEET

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. Also keep a record of your **return tracking number**.



Put the specimen bag containing your tube sample and absorbent pad into the UN3373 return box and place the box into the return envelope.



Seal your envelope carefully.



Send your kit back to us!

YOUR HOME KIT

- 1x instruction sheet
- 1x swab
- 1x sample collection tube
- 1x absorbent pad
- 1x plastic bag
- 1x Covid-19 return envelope
- 1x UN3373 return box

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. From arrival at the laboratory, you will get your results **within 24 to 48 hours**.

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 Covid-19 Testing lilac sticker.

CHECKLIST

Before sending us your completed test, please check that:

- You have correctly registered your test**
- The tube was appropriately inoculated**
- You have kept your tube number and your return tracking number**
- You have properly sealed your return envelope**