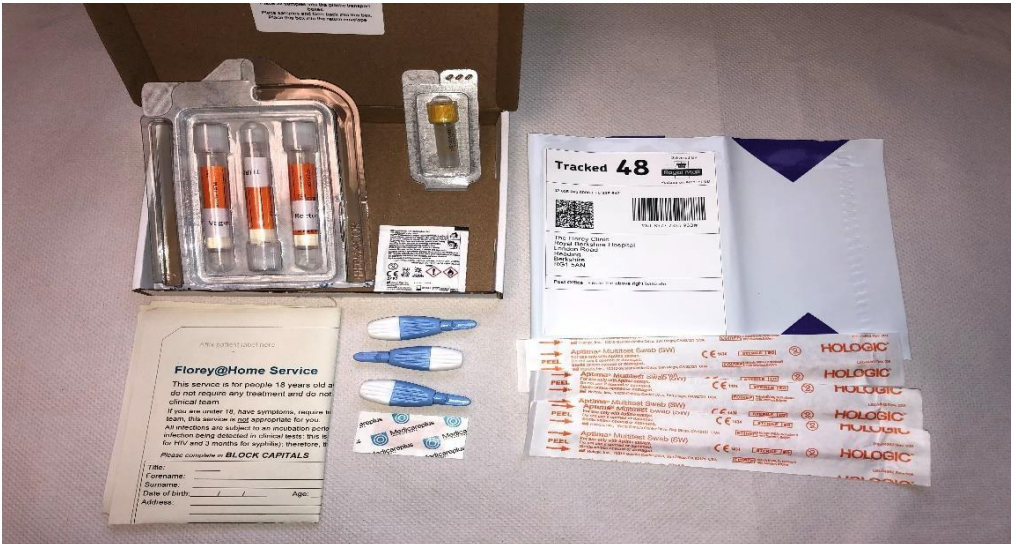




Royal Berkshire  
NHS Foundation Trust

# Instructions for using your Florey@Home kit Pack One

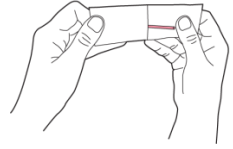


Providing your blood sample can sometimes be difficult. Please scan the QR code below to watch a short video or go to <https://www.youtube.com/watch?v=gw7g6mHk5yk&t=1s>

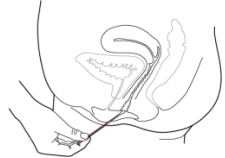


## Please follow these steps to take a sample:

1. Remove the cotton bud swab from the paper packet (pink shaft in the package with orange writing). Be careful not to touch the cotton end.



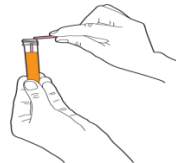
2. Carefully insert the swab about two inches into your vagina and turn it gently touching the walls for 10 to 30 seconds. Remove it without touching the rest of your body.



3. Remove the cap from the thin orange tube labelled 'vagina' and immediately place the cotton bud swab into it. **There is liquid in the tube, be careful not to spill this.**



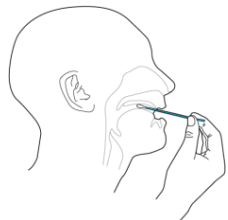
4. Carefully break the swab shaft against the side of the tube at the black line and discard the top portion of the swab shaft.



5. Screw the lid back onto the tube tightly. **Do not pierce the foil cap of the lid.**

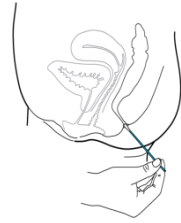


For an oral swab, follow step 1, then place the tip of the swab into your mouth until it touches the back of the roof of your mouth and turn it for 10 to 30 seconds. Now perform steps 3, 4 and 5 – use tube labelled 'throat'.



For a rectal swab, follow step 1 then place the tip of the cotton bud swab into your rectum (bum) and turn it for 10 to 30 seconds. Remove the swab carefully, without touching the rest of your body. Now perform steps 3, 4 and 5 – use tube labelled ‘rectal’.

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## Blood sample instructions

1. Wash your hands with warm, soapy water and dry them thoroughly. **Having warm hands is important.**



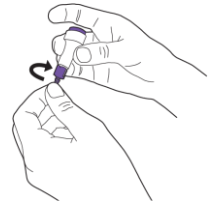
2. Take the lid off the small blood sample tube (yellow top) and make sure it is close at hand. You will need this at step 6.



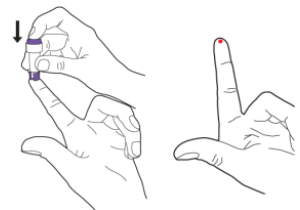
3. Clean your fingertip with the alcohol wipe.



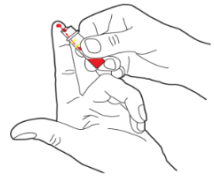
4. Prepare the lancet by twisting off the narrow cap.



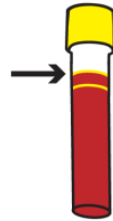
5. Gently position the lancet against a fingertip of your **non-dominant** hand. When you are ready, press the lancet down sharply and firmly to release the needle. Massage / milk your finger until a droplet of blood appears.



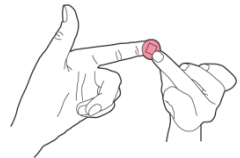
6. Use the edge of the tube to scoop the blood into the tube. Fill the blood collection tube until the blood sample reaches the upper line.



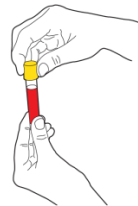
7. If you are unable to collect enough blood, use a second or third lancet to prick another finger. If you find it difficult to collect the blood sample you may find it easier if you have warm hands and use a smaller finger.



8. Clean your finger(s) with the alcohol swab wipe and apply a plaster to your finger(s).



9. Push the lid firmly onto the blood collection tube until it 'clicks'.



**Place your completed samples into the hard transport boxes provided. Place these along with your completed registration form into the stamped addressed envelope.**



**Post your samples back us using any normal postbox.**

**All rubbish should be disposed of as normal household waste. [www.safesexberkshire.nhs.uk](http://www.safesexberkshire.nhs.uk)**