

Instructions for using your Florey@Home kit

Pack Three

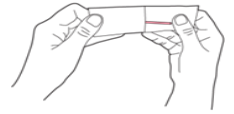


Providing your blood sample can sometimes be difficult. Please scan the QR code below to watch a short video or go to www.youtube.com/watch?v=gw7g6mHk5yk&t=1s

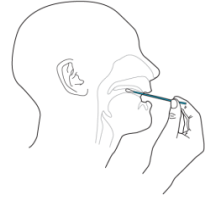


Please follow these steps to take a sample:

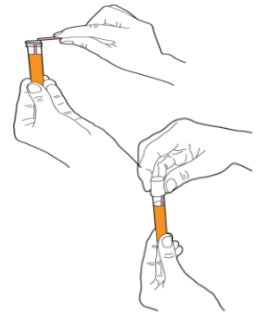
1. Remove the cotton bud swab from the paper packet (pink shaft in the package with orange writing). **Be careful not to touch the cotton end.**



2. 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.

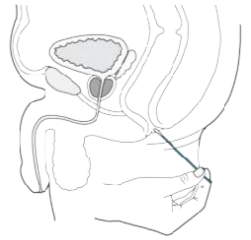


3. Remove the cap from the thin orange tube tube (labelled 'throat') and immediately place the cotton bud swab into it. **There is liquid in the tube, be careful not to spill this.**



4. Snap the swab at the black line.
5. Screw the lid back onto the tube tightly. **Do not pierce the foil cap of the lid.**

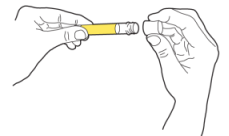
6. For a rectal swab, repeat step 1 with a new swab placing the **tip of the cotton bud swab** into your rectum (bum), turning it for 10 to 30 seconds. Remove the swab carefully, without touching the rest of your body. Repeat steps 3 and 4 (above) – using the tube labelled 'rectal'.



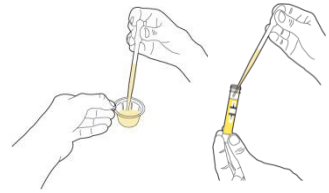
7. Pee the **first part into the collection pot** provided and the rest into the toilet.



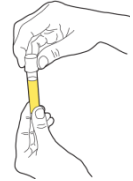
8. Remove the lid from the tube with the yellow label. You'll need this at step 10.



9. Use the pipette to draw up some of your urine from the collection pot.
10. Squeeze the urine into the tube, filling up between the black fill lines.



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



Blood sample instructions

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



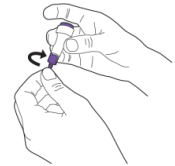
2. Take the lid off the small blood sample tube (yellow top) and make sure it is close at hand. You will need this at step 6.



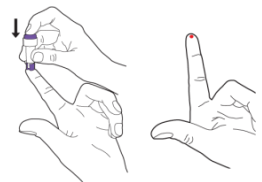
3. Clean your fingertip with the alcohol wipe.



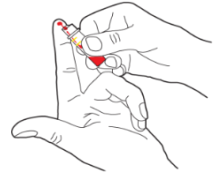
4. Prepare the lancet by twisting off the narrow cap.



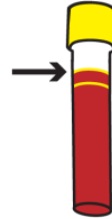
5. Place the lancet gently against a fingertip of your **non-dominant** hand, when ready, push the lancet down firmly. This will prick your finger and draw blood. Massage/milk your finger until a droplet of blood appears.



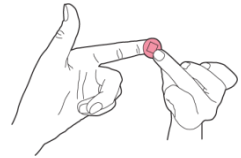
6. Use the edge of the tube to scoop the blood into the tube. Fill the blood collection tube until the blood sample reaches the upper line.



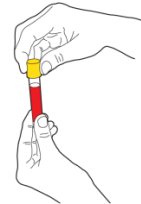
7. If you are unable to collect enough blood, use a second or third lancet to prick another finger. If you find it difficult to collect the blood sample you may find it easier if you have warm hands and use a smaller finger.



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



9. Click 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 back into the cardboard box then into the return envelope.



Post your samples back us using any normal postbox.

All rubbish should be disposed of as normal household waste.

www.safesexberkshire.nhs.uk

Dept. of Sexual Health Version 4, November 2022

Next review due: November 2024