NHS
Royal Berkshire
NHS Foundation Trust

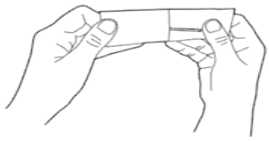
# Instructions for using your Florey@Home kit:

## Test of Cure

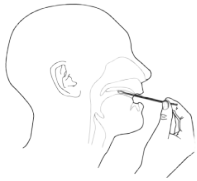
Florey Clinic

## Please follow these steps to take a throat 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.

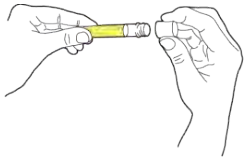


3. Remove the cap from the thin orange tube (labelled ‘throat’) and immediately place the cotton bud swab into it. **There is liquid in the tube, be careful not to spill this**.
4. Snap the swab at the black line.
5. Screw the lid back onto the tube tightly. **Do not pierce the foil cap of the lid**.

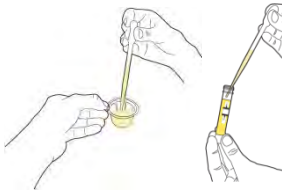
## Please follow these steps to take a urine sample:

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

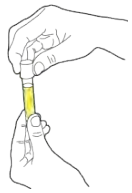
2. Remove the lid from the tube with the yellow label. You'll need this at step 10.



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

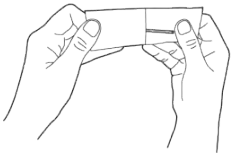


5. Screw the lid back onto the tube tightly. **Do not pierce the foil cap of the lid.**

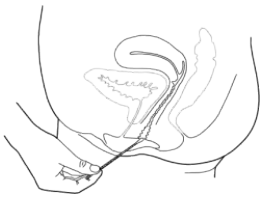


## Please follow these steps to take a <u>vaginal</u> sample:

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.**



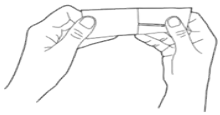
3. Remove the cap from the thin orange tube labelled ‘vagina’ and immediately place the cotton bud swab into it. **There is liquid in the tube, be careful not to spill this.**

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.

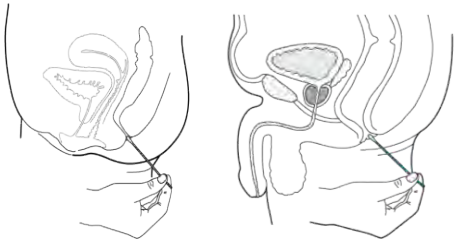
5. Screw the lid back onto the tube tightly. **Do not pierce the foil cap of the lid.**

## Please follow these steps to take a rectal sample:

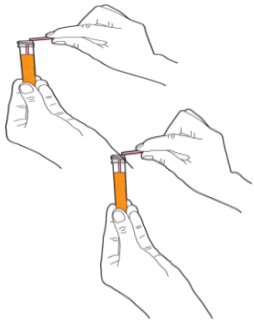
1. Remove the cotton bud swab from the paper packet (pink shaft in package with orange writing). **Be careful not to touch cotton end.**



2. Place **tip of the cotton bud swab** into your rectum (bum), turning it for 10 to 30 seconds. Remove swab carefully, without touching the rest of your body.



3. Remove the cap from the thin orange tube (labelled 'rectal') 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**.



Put your completed samples into the absorbent pouch and clear bag provided. Place these **along with your completed registration form** into the return envelope.

**Post your samples back us using any normal Royal Mail post box.**

***Please dispose of all rubbish in normal household waste.***

## For further information, advice and support, visit, www.royalberkshire.nhs.uk/sexualhealth

To find out more about our Trust visit www.royalberkshire.nhs.uk

**Please ask if you need this information in another language or format.**

RBFT Dept. of Sexual Health, Version 6, July 2025.
Next review due: July 2027.