

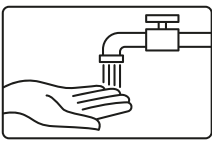
Before you take this test

Your results will be ready within 48 hours of the lab receiving your sample. The results will be sent to the email address entered during purchase. Please send your sample back to the lab the same day you collect it.

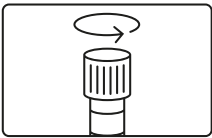
Step 1 – Preparation & collection



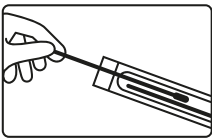
- a.** Blow your nose before taking the sample swab.



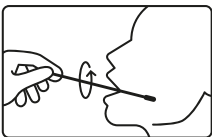
- b.** Wash your hands thoroughly before taking your sample.



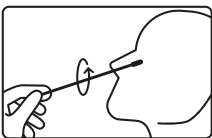
- c.** Unscrew the lid from the collection tube provided (Be careful not to spill the fluid already inside.)



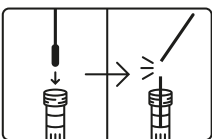
- d.** Remove the swab from its packaging.



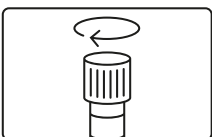
- e.** Rub the swab firmly against the back of your throat twisting 5 times.



- f.** With the same swab, tilt your head back and insert into the back of your nostril rotating it a further 5 times.

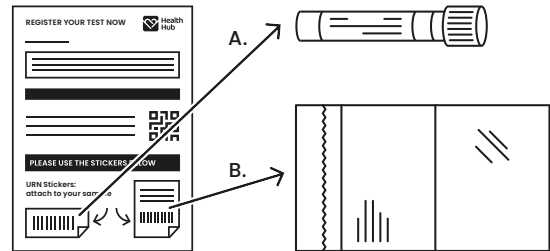


- g.** Place the fabric end of the swab into the tube containing the liquid and snap in half, leaving the collected sample in the tube.



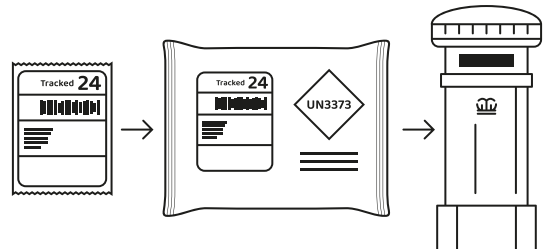
- h.** Firmly tighten the lid back onto the collection tube.

Step 2 – Labelling your sample



- a.** Complete the details on your lab return form.
- b.** Now apply the small barcode sticker 'A' to the reverse of your collected sample tube.
- c.** Place the sample tube into the sample bag provided.
- d.** Apply the larger sticker 'B' to the outside of the sample bag.

Step 3 – Posting your sample



- a.** Insert your bagged sample back into the UN3373 transport box provided and seal with the security seal sticker.
- b.** Insert the UN3373 transport box into the return mailing bag provided and carefully seal
- c.** Apply the return shipping label to the returns bag. Taking care not to cover the UN3373 symbol.
- d.** Please return your sample on a Monday–Thursday using any Royal Mail priority postbox.

Before you return your test

Please return your sample on the same day you take. We recommend returning Monday–Thursday to avoid sitting in the post too long.

If you need assistance please email:
info@thehealthhub.com