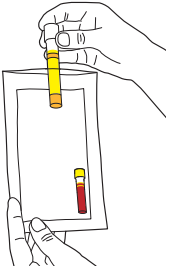
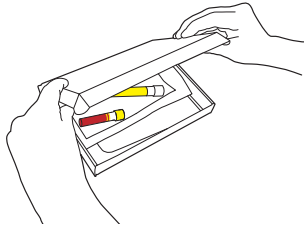


How to return your samples

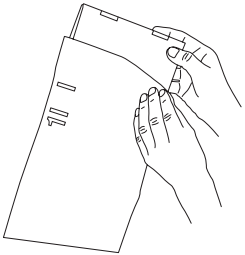
1 Once you have taken all your samples, put all the tubes in the clear plastic bag containing the absorbent pad and seal it according to the instructions on the bag.



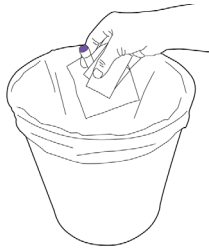
2 Put the request form and bag into the box and close it up.



3 Put the box into the prepaid envelope, seal the envelope and post immediately.



4 Any waste items can be placed into general household waste.



Getting your results

You will usually be contacted by text message or telephone with your results within **two weeks** of us having received your returned samples.

For further results information please visit <https://ssk.umbrellahealth.co.uk/getting-your-results>



www.umbrellahealth.co.uk

STI testing kit

Vagina

You have received this kit because you told us you have a vagina

Before you start

In this kit you will find items to take internal samples and a blood sample. Each sample must be taken from a different place. Please ensure you take an internal sample from your vagina (vaginal) and a sample from your mouth (oral).

Please read and follow the instructions overleaf carefully to do this. Incorrectly collected samples will not be tested. Being on your period will **not affect** the test result of the vaginal sample in your STI self-testing kit.

To get a full set of test results, please complete all samples. If unable to complete all samples, please still send the ones completed for testing.

You must also complete the enclosed request form in **BLACK** ink.

Do not use this kit if it has damaged packaging, the seal has been broken or it is outside of its expiry date.

All products used within Umbrella sampling collection kits for testing your samples are CE approved for use in the UK.

For further guidance on how to use this kit, visit www.umbrellahealth.co.uk/ss-kits or scan this code:

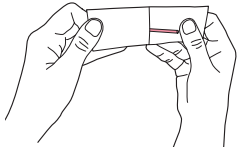


VA

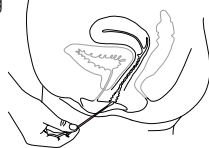
How to collect and send your samples

Internal Samples – Use all the swabs in the kit. Only use each swab once. You must use each swab on a different part of your body. The box contains two pink swabs for a vaginal sample (V) and for an oral (O) sample. Being on your period will **not affect** the test result of the vaginal sample in your STI self-testing kit.

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



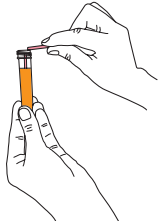
2 Carefully insert the swab about five centimetres into your vagina and turn it gently touching the walls for 10 to 30 seconds. Remove it without touching the rest of your body.



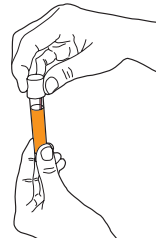
3 Remove the cap from the thin orange tube and immediately place the cotton bud swab into it.



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



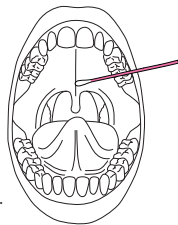
5 Screw the lid back onto the tube tightly. Do not pierce the foil cap of the lid.



6 Take the numbered sticker (labelled vaginal) from the request form and attach it to the tube.



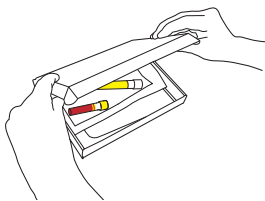
7 Now take the second pink swab (in packet with black writing) and repeat steps 1–6, this time take the sample from the back of the roof of your mouth and place the swab into a thin orange tube.



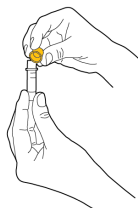
Then take numbered sticker (labelled oral) from the request form and attach it to the tube.

2. Blood Sample – Before you begin

1 Unpack the kit on a clean surface.



2 Take the lid off the small blood sample tube (yellow top).

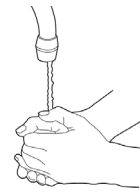


3 Stand the tube on a flat, stable surface and make sure it is close by ready.



Information on taking blood – Please fill the blood tube to the level marked on the tube. This will ensure we test you for all the relevant infections. Filling in the blood tube requires patience. The majority of us will require more than one attempt to do so.

1 Warm up your non-dominant hand with warm water for a couple of minutes.

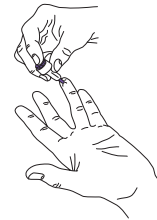


2 Make sure you are standing when you attempt to obtain blood from the finger prick site.

3 Clean the ring finger of the non-dominant hand with the sterile wipe.



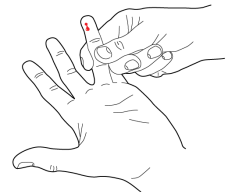
4 Place the lancet on the thumb side of the tip of the finger. Push the lancet firmly against your skin.



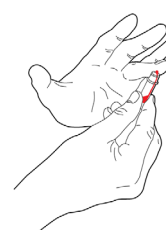
5 Activate the lancet and keep on pressing it to your skin for five seconds after it is activated.



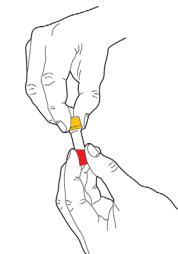
6 Gently start squeezing the finger from below to encourage blood flow.



7 Collect all the blood that you can in the blood tube until the blood sample reaches the upper line.



8 If the flow of blood stops, close the tube with its cap.



9 Drink some water and try to repeat the attempt after 20 minutes.



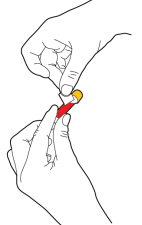
10 You can use the thumb side of the tip of your third finger of the non-dominant hand as the next site. Repeat the steps 1-8.



11 Try the side of the ring finger close to the small finger of the non-dominant hand for the third attempt if required. Repeat the steps 1-8.



12 When finished screw the lid tightly onto the blood collection tube. Take the numbered sticker (labelled blood) from the request form and attach it to the tube.



After taking your samples please wash your hands. See overleaf for how to return your samples.