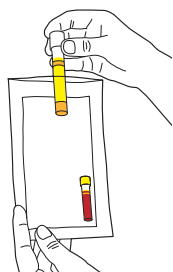
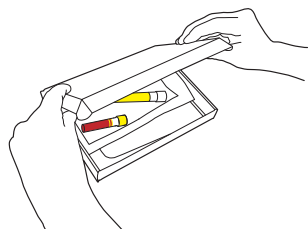


How to return your samples

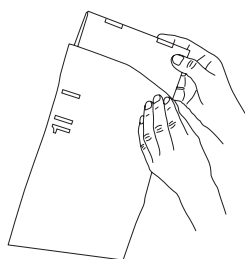
A Once you have taken all your samples, put all the tubes in the clear plastic bag containing the absorbent pad and seal it according to the instructions on the bag.



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



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



D 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

PI24/1913/05 Author: Dr Kaveh Manavi Date: June 2022 Reviewed Jara Phatthey date: April 2023 Review date 2026

STI testing kit

Penis

You have received this kit because you told us you have a **penis**

Before you start

In this kit you will find items to take a urine sample and a blood sample. You need to provide both samples. Please read and follow the instructions overleaf carefully to do this. Incorrectly collected samples will not be tested.

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:



PA

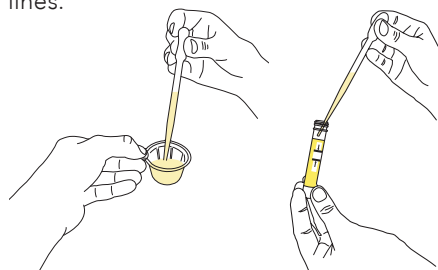
How to collect and send your samples

1. Urine sample

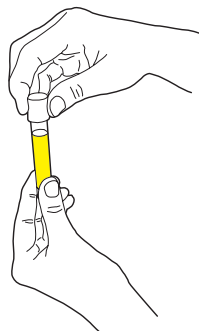
A Pee into the urine collection pot provided, first part in the collection pot and the rest in the toilet.



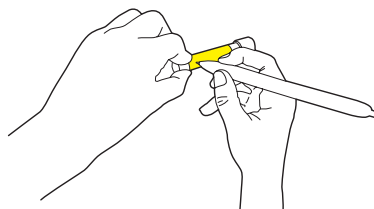
B Remove the lid from the tube with the yellow label. Use the pipette to draw up some of your urine from the collection pot. Squeeze the urine into the tube, filling up between the black fill lines.



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



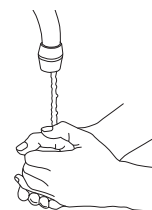
D Write your name and date of sample collection on the tube. Then take the numbered sticker (labelled urine) from the request form and attach this to the tube.



See overleaf for how to return your samples.

2. Blood Sample – Taking the sample is easier when done standing up. To watch a video about how to take your sample visit: umbrellahealth.co.uk/blood

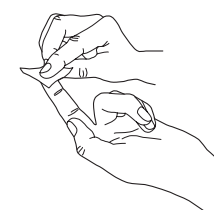
A Wash your hands with warm soapy water and dry them thoroughly. **Having warm hands is important.**



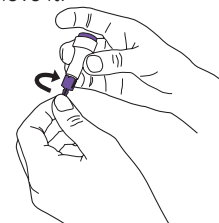
B Take the lid off the small blood sample tube (yellow top) and make sure it is close by ready.



C Clean your finger tip with the alcohol swab wipe.



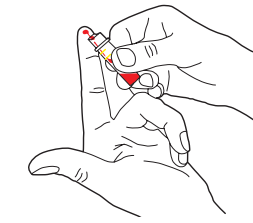
D Take one of the three lancets and twist the purple stick (not the collar) to remove it.



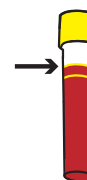
E Push the lancet firmly against your finger tip and press the purple button. This will prick your finger and draw blood. Massage/milk your finger until a droplet of blood appears.



F Use the edge of the tube to scoop the blood into the tube.

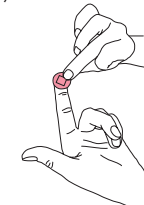


G Fill the blood collection tube until the blood sample reaches the upper line. If you are unable to collect enough blood, use a second or third lancet to prick another finger.

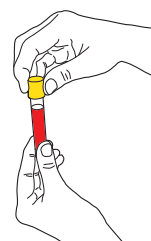


H If you find it difficult to collect the blood sample you may find it easier if you use your non-dominant hand and a smaller finger.

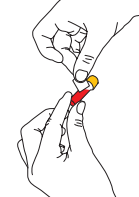
I Clean your finger(s) with the alcohol swab wipe and apply a plaster to your finger(s).



J Screw the lid tightly onto the blood collection tube.



K 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.