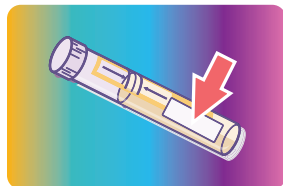


Returning your tests

When your finger has stopped bleeding and you have finished taking all the required samples (a vaginal swab and blood sample) check that each one has been:

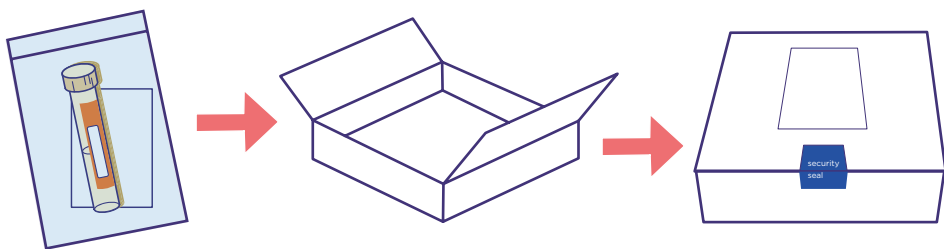
- labelled with the correct label(s) from the sheet
- put in a clear specimen transport bag.



Now seal the specimen transporter bags by peeling off the light brown strip and folding this against the opening of the bag.

Place the clear sample transporter bags containing one sample in each, into the cardboard box. Close and secure the lid of the cardboard box. Attach the security seal.

Post the cardboard box immediately.



Results

We will contact you within 15 working days, of the samples being received at the laboratory, with a text or a telephone call to let you know your results.

If your contact details change or you don't receive your results within 15 working days, please email us at: CSP.avon@UH Bristol.nhs.uk or phone us on 0117 342 9299

Unity Testing Kit

Thank you for ordering a postal testing kit from Unity Sexual Health.

We have sent you this kit based on the information you have given us and the type of sex you have had, to ensure you get the tests which are right for you.

This kit will test you for the following sexually transmitted infections (STIs):

- HIV
- syphilis
- chlamydia
- gonorrhoea

For more information on STIs, including symptoms and treatment, please visit www.unitysexualhealth.co.uk

If you are concerned about any other STIs which aren't covered by this testing kit, please contact Unity Sexual Health on **0117 342 6900**.

What is included in the kit?

This testing kit contains a number of items which you will need to take both a vaginal swab and a blood sample.

Please read and follow the instructions provided and complete the required tests which are indicated.

Samples must all be completed and labelled correctly in order for us to test them.

If you have any questions about your testing kit, please ring Unity Sexual Health on **0117 342 9299**.



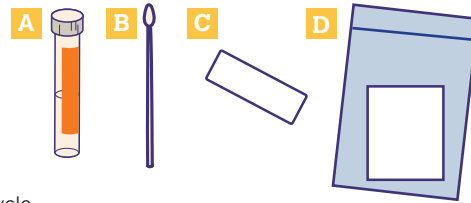
Provided by:



How to take a vaginal swab:

You should have:

- A** a specimen tube (with an orange label)
- B** a swab (in a sealed package with specimen tube)
- C** a vaginal swab label (on the label sheet)
- D** a clear specimen transport bag with absorbent padding



The test can be taken at any time of your menstrual cycle.

You may find it easier to take the swab while sitting on the toilet or standing with one foot resting on the toilet seat.

Instructions:



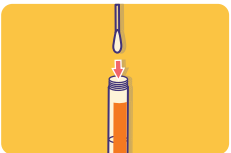
- 1 Thoroughly wash your hands in warm water using hand gel or soap. Ensure they are completely dry.



- 2 Remove the lid from the specimen tube (with the orange label) and place upright on a flat surface. Be careful that no liquid is spilt out of the tube. Only remove the swab from its wrapper when you are ready to take your sample. The swab must not touch any surface.



- 3 Gently open the entrance to your vagina and holding the swab in the middle insert the swab gently about 2-3cm inside (as if inserting a tampon). Ensure the swab makes contact with the vaginal wall for about 10 seconds.



- 4 When complete insert the swab into the specimen tube.



- 5 Break the swab in half along the score mark ensuring the swab and fluid remains in the tube.



- 6 Replace the lid and ensure it is tightly reattached to the specimen tube, discard the remaining part of the swab.



- 7 Peel the vaginal swab label from the sheet and attach it to the specimen tube.



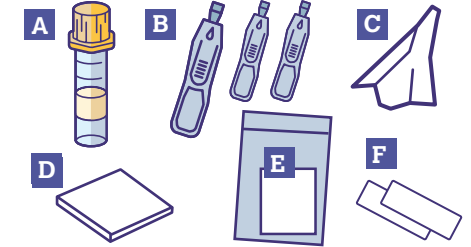
- 8 Place the labelled specimen tube into the clear specimen transport bag with the absorbent padding.

Please now take your blood sample or, if you have already done so, go to the back page of this leaflet, 'Returning Your Tests'.

How to take a blood sample:

You should have:

- A** a blood specimen tube (with yellow cap)
- B** a lancet for pricking your finger (with two spares)
- C** alcohol wipes
- D** fabric gauze squares
- E** clear specimen transport bag with absorbent padding
- F** a blood sample label and additional label for the sample's transport bag (both on the label sheet)

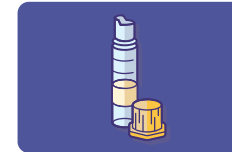


- Before starting, thoroughly wash your hands in warm water using hand gel or soap.

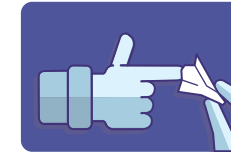
- Ensure they are completely dry. Rub your hands and fingers to warm them up.

- Standing and keeping your hand below your waist can make it easier for the blood to flow for this sample. If you feel faint with blood samples, please take it seated.

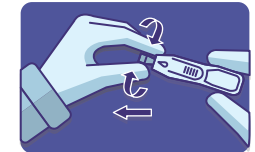
Instructions:



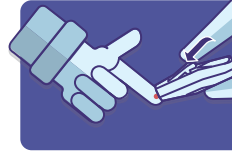
- 1 Take the lid off the specimen tube and place it upright on a flat surface. Be careful that no liquid is spilled from the specimen tube.



- 2 Choose one of your fingers. Gently clean your finger with the supplied alcohol wipe and then dry it with the gauze square.



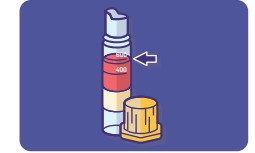
- 3 Pick up a lancet. Gently hold each end and twist, then pull apart. This will remove the seal. Each lancet can only be used once.



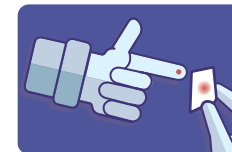
- 4 Place the lancet firmly against the puncture site, then press the trigger to activate.



- 5 Gently squeeze or massage your finger until a droplet of blood forms. Hold your finger close above the specimen tube. Squeeze your finger gently to allow the blood to drip into the tube.



- 6 Ensure that the blood reaches the upper limit line marked '600' on the specimen tube. If one finger does not fill the tube, use another lancet on a different finger.



- 7 Apply the fabric gauze to your finger and press firmly until any bleeding stops.

Please avoid handling any packaging until the bleeding has stopped.



- 8 Securely press the lid back onto the specimen tube, then carefully turn it upside down five times. Peel the blood sample label from the sheet and attach it to the specimen tube keeping the two 'fill level' lines visible.



- 9 Attach the blood packaging label to the bag. Place the labelled specimen tube into a clear specimen transport bag with the absorbent padding

If you have completed both the swab and blood sample, go to the back page of this leaflet, 'Returning Your Tests'.