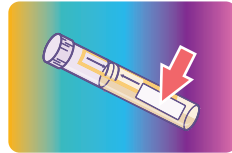


Returning your tests

When your finger has stopped bleeding and you have finished taking all the required samples, check that each one has been:

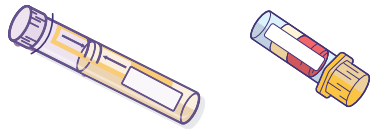
- labelled with the correct label from the sheet
- placed in a clear specimen transport bag.



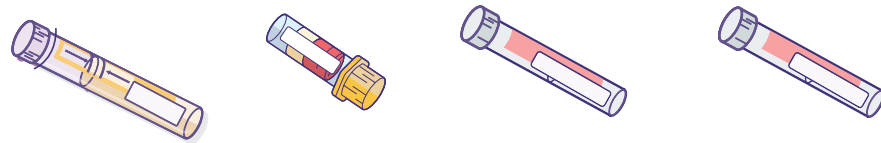
Now seal the specimen transporter bags by peeling off the light brown strip and folding this against the opening of the bag.

Depending on which kit you were given, you will have either:

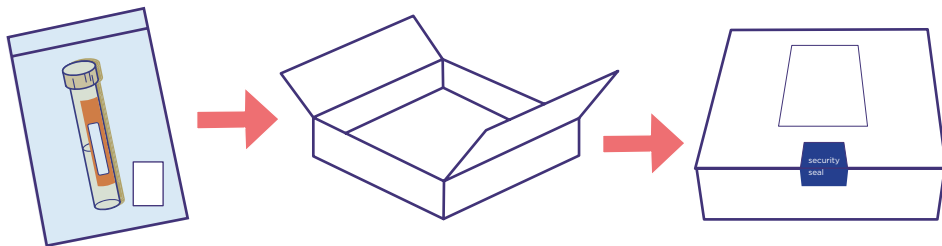
- two samples (urine and blood)



- four samples (urine, blood and two swabs) to return.



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, 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 are not covered by this testing kit, please contact Unity Sexual Health on **0117 342 6900**.



Provided by:



What is included in the kit?

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

Some people may also be asked to take some swabs. If this is the case you will find the items you need to take two swab tests, alongside an extra sheet of instructions.

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

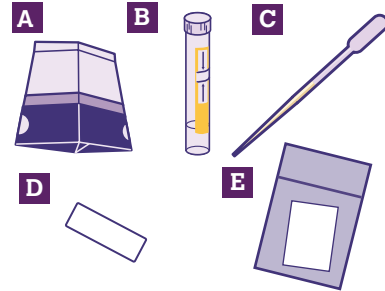
Samples must all be completed and labelled correctly in order for us to be able to test them.

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

How to collect a urine sample:

You should have:

- A** a urine collection container (square flat packed container)
- B** a urine specimen tube (with yellow label)
- C** a pipette
- D** a urine sample label (on the label sheet)
- E** a clear specimen transport bag with absorbent padding



YOU SHOULD NOT HAVE PASSED URINE FOR AT LEAST ONE HOUR BEFORE TAKING THIS TEST.

Instructions:



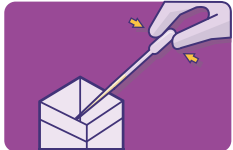
- 1** Thoroughly wash your hands in warm water using hand gel or soap. Ensure they are completely dry.



- 2** Half fill the large urine collection container with the first urine you pass.



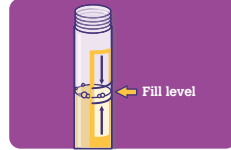
- 3** Take the specimen tube out of the packaging. Unscrew the top of the specimen tube and place upright on a flat surface. Be careful that no liquid is spilt out of the specimen tube.



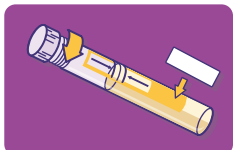
- 4** Squeeze the bulb at the top of the pipette and insert the thin end into the urine collection container. Release the bulb and the urine should fill the pipette. Usually, one good squeeze is enough to collect the required amount.



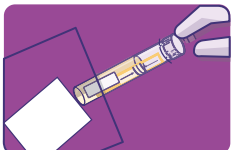
- 5** Place the pipette into the open specimen tube and squeeze the bulb to release the urine.



- 6** Fill the tube to between the two black lines. **If there is too much or too little urine the sample will not be tested.**



- 7** Replace the lid and ensure it is tightly secured. Peel the urine sample label from the sheet and attach it to the specimen tube, keeping the two black 'fill lines' visible.



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

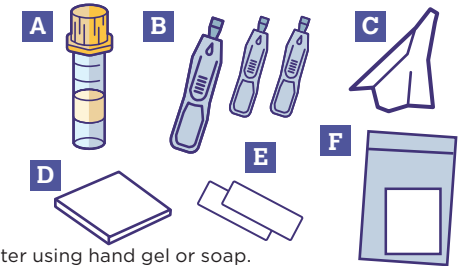
The pipette and collection container can then be thrown away in your waste bin.

Complete any other tests you still need to do, then read the back page of this leaflet, 'Returning Your Tests'.

How to collect 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** a blood sample label and additional label for the sample's transport bag (both on the label sheet)
- F** a clear specimen transport bag with absorbent padding



- 1** Before starting, thoroughly wash your hands in warm water using hand gel or soap.
- 2** Ensure they are completely dry. Rub your hands and fingers to warm them up.
- 3** 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.

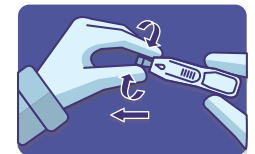
Instructions:



- 1** Take the lid off the specimen tube and place it upright on a flat surface. Be careful that no liquid is spilt out of 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.



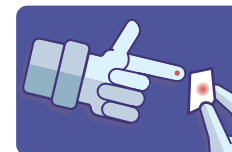
- 4** Place the lancet firmly against the puncture site, then press the trigger to activate.



- 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.

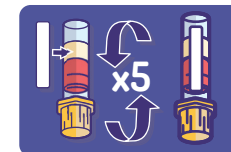


- 6** Ensure that the blood reaches the upper limit line marked '600' on the specimen tube. If one finger does not fill the tube, use another lancet on a different finger.



- 7** Apply the small 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 the clear specimen transport bag with the absorbent padding.

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