



THROAT/NASAL SAMPLE COLLECTION

Covid-19 Gov.UK Authorised Throat/Nasal at-Home
PCR Kit - Prepaid Shipping, 24 Hours Results

Scan the QR code for
your registration

booking.pcrlabs.co.uk



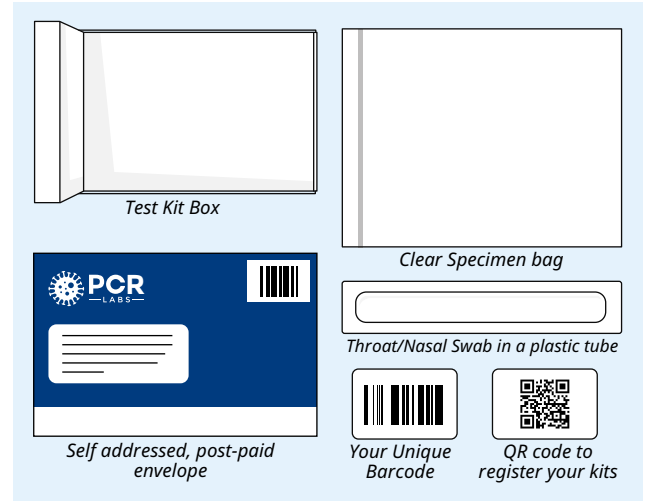
TEST KIT INSTRUCTION:

It is very important that you read these instructions in full and follow the instruction in the correct order to obtain a valid result.

BEFORE YOU START

Checklist of the content:

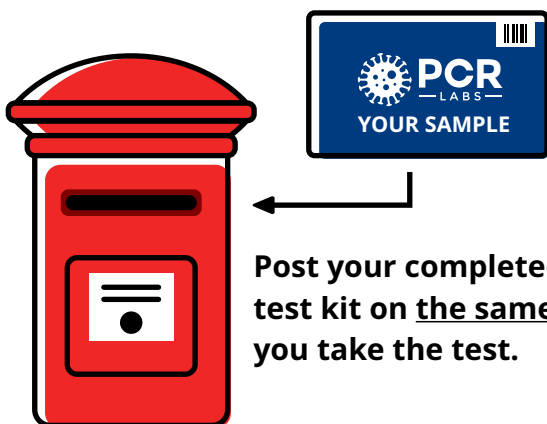
- Throat/Nasal Swab in a plastic tube with name label
- Leak Proof sample bag
- Return Envelope, with pre-paid Royal Mail return envelope
- Instruction
- QR code to register your kits



This test is suitable for the following:

Adults ages 18 and over-self test (unless unable to do so)

CHECK COLLECTION TIMES AT PRIORITY POSTBOX



Post your completed test kit on the same day you take the test.

Important:

You must return your test kit to the laboratory by posting it in a royal mail priority post-box only.

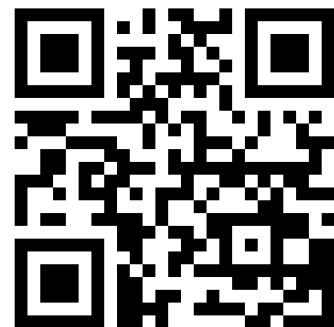
Please make a note of your unique tracking number

You can find your nearest Priority Postbox here:

www.royalmail.com/services-near-you or use Royal Mail app

REGISTER YOUR KIT ONLINE

Scan the QR code for
your registration



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THROAT/NASAL SAMPLE COLLECTION

Sample collection instructions

Please read these instructions first, slowly and carefully, the whole way through before attempting to collect your sample.

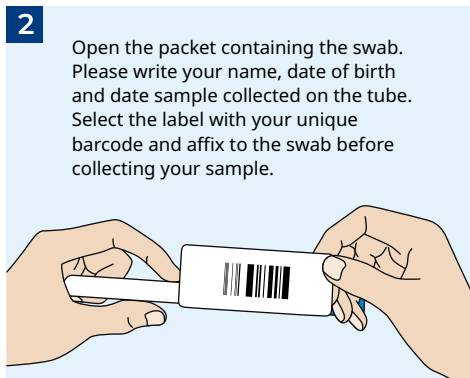
Clearly complete the Name Label using a ball point pen with:

• Your Surname • Your Date of Birth • Your First name • Date of Swab Collection

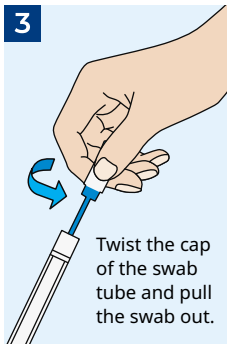
Sample self-collection is carried out at an individual's own risk



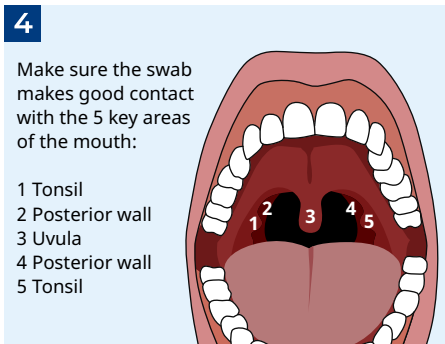
Wash your hands.



Open the packet containing the swab. Please write your name, date of birth and date sample collected on the tube. Select the label with your unique barcode and affix to the swab before collecting your sample.

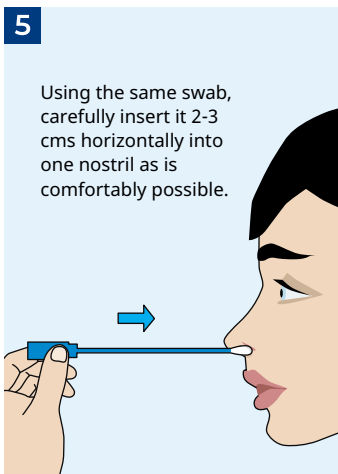


Twist the cap of the swab tube and pull the swab out.

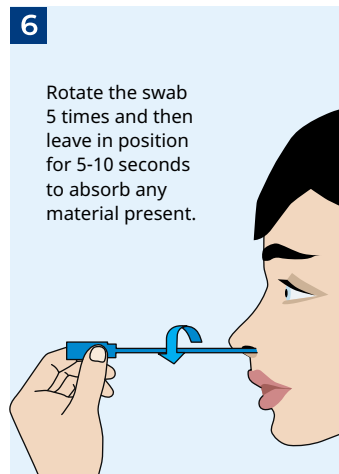


Make sure the swab makes good contact with the 5 key areas of the mouth:

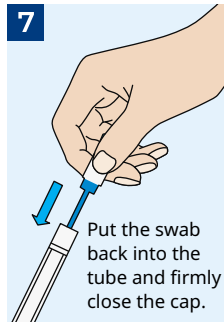
- 1 Tonsil
- 2 Posterior wall
- 3 Uvula
- 4 Posterior wall
- 5 Tonsil



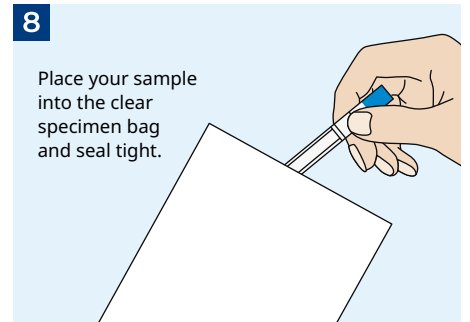
Using the same swab, carefully insert it 2-3 cms horizontally into one nostril as is comfortably possible.



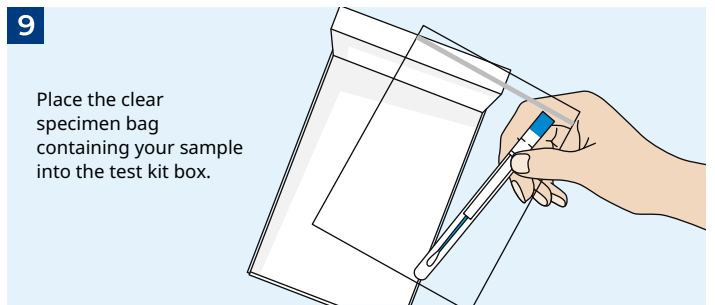
Rotate the swab 5 times and then leave in position for 5-10 seconds to absorb any material present.



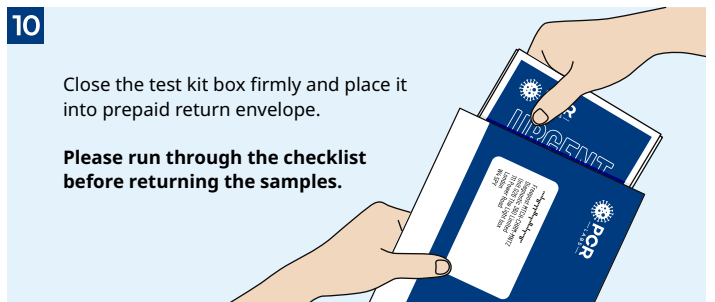
Put the swab back into the tube and firmly close the cap.



Place your sample into the clear specimen bag and seal tight.



Place the clear specimen bag containing your sample into the test kit box.



Close the test kit box firmly and place it into prepaid return envelope.

Please run through the checklist before returning the samples.

CHECKLIST

Please ensure you have followed these steps below:

- Follow these instructions exactly as instructed
- Visit the link to the website/QR code to register your kit
- Perform the test exactly as described or you will receive an invalid result
- Package the kit properly, ensure the sample is placed into a clear sample package, and then placed in the test kit box and finally secured before placing into prepaid envelope.
- Return the test kit in a Royal Mail Priority Post-box on the day you do your test
- Check your email for the results-including the spam folder