

Watch video:



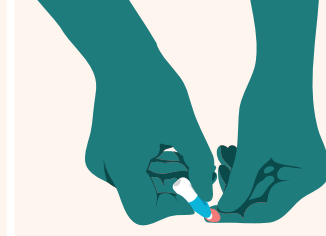
freetesting.hiv/watch



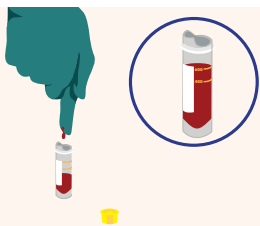
2 Remove the lid from the blood tube. Place the tube on a flat surface so it can stand up.



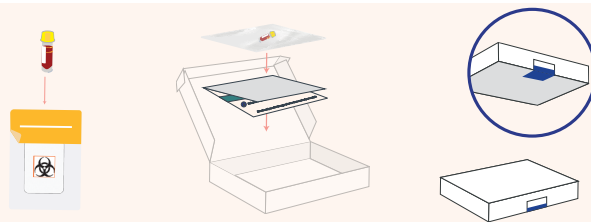
3 Twist and pull the tip off a lancet then use a wipe to sterilise your chosen finger. If you feel faint, ask someone to help or be with you. Stand up but have a chair nearby.



4 To make the small cut, lay your hand on a flat surface and press the lancet firmly into the side of your fingertip where the skin is softer. If the lancet doesn't work, try another.



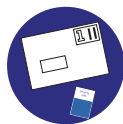
5 Stand over the tube, keeping your arm straight. Massage down from your palm to your fingertip directing drops of blood into the tube. If your blood stops flowing, before pricking another finger, try to warm up, exercise and rehydrate. Once you have filled to the 600 line, push the yellow lid down so it clicks. If you can't get to 600, but are over 400, send it back anyway. Use a sterile wipe to clean your finger then apply a plaster. Use a tissue to wipe the sample tube clean. Turn the tube upside down 5 times.



6 Place the sample tube inside the specimen transport bag. Peel off the yellow strip, fold and seal the bag. Place the sealed bag and your lab card into the Freepost box addressed to our lab. Close the box using the security seal sticker. Note down your tracking ID which starts with a # and is found under the barcode on the address label of the lab return box. Post your sample in any Royal Mail post box.

What's included in the kit:

If you are missing anything please text us. Do not order another kit.



Freepost box and security seal sticker



Lab card



Plastic specimen transport bag



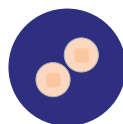
Sample tube



3 lancets



2 sterile wipes



2 plasters

You will also need some tissue.

How long does this test take?

5-10 minutes. Watching the video will help you collect your sample more quickly. Being warm and keeping your arm straight will really help blood flow to your finger.

What will this test for?

Your lab card lists which tests will be carried out. If you think something is missing, text us, do not reorder.

When should I do this test?

Infections take time to show in tests. We recommend you test 7 weeks after potential exposure (this is the window period for HIV testing).

Do I need to write my name on the samples?

No. We have already labelled your samples with a unique QR code. If you forget to include your lab card, don't worry as your unique QR code identifies your samples to the lab.

Can I request more lancets (used to prick your finger)?

Yes, text 'lancets' to 07860 064 295.

Can I track my samples on their way to the lab?

Yes. Note down your tracking ID which starts with a # and is found under the barcode on the address label of the Freepost box. Track it on: royalmail.com/track-your-item

Where do I send my samples?

You should have a Freepost box that's already addressed to our lab included in your kit. If you need a replacement box, text us and we can post you one.

What happens next?

We will text you when your samples arrive at the lab. We will then text you your test results, so you may want to edit the notification settings on your phone for extra privacy. Sometimes, we will need to speak with you on the phone. If you do have an infection we will offer advice on how to get treatment and support.

Video instructions:

Watch our short tutorial video: freetesting.hiv/watch

Contact us:

By text: 07860 064 295

By email: sh24.info@nhs.net

POWERED BY **SH:24**

FAQs:

freetesting.hiv/faqs