

## Welcome to your sampling kit

With this kit you can collect and return the samples needed for your recommended tests.

The results of this STI test will show whether a bacteria or virus is present. It's not a clinical diagnosis of a condition and should not replace advice from your doctor. If you have any symptoms of an STI or concerns regarding your sexual health, you should speak with your GP or visit a local sexual health clinic.

Name | Reference

When did you collect your sample?

D	D	/	M	M	/	Y	Y	Y	Y
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Your samples will be tested for

*Please detach this form and return it in the kit box with your samples*

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### STEP 1

Carefully follow the instructions to collect your samples.

### STEP 2

Complete and detach the form above so we know when you collected your samples.

### STEP 3

Return your samples to the box, seal it and pop it in any Royal Mail post box.

**You can expect your results within 2-5 working days of your sample arriving back at the lab.**

Find them at [www.onlinedoctor.lloydspharmacy.com](http://www.onlinedoctor.lloydspharmacy.com)

## Returning your samples

Once you're ready to return your samples, place them along with your completed form back into the kit box.

Close it securely by inserting the two large tabs on the box lid into the slots, pressing down firmly to lock them into place. Apply the clear security seal provided or add tape for extra security.

Return postage is not required, just pop the kit box into any Royal Mail post box. Find your nearest post box by scanning this QR code.

## Collecting your urine sample

### What you will need



Pouch



Bottle



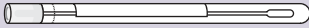
Transport bag

- 1 Wash your hands and unpack the kit on a clean surface, ideally near a toilet.
- 2 Remove the cap from the bottle and stand nearby on a flat surface.
- 3 Urinate into the urine collection pouch provided.
- 4 Carefully pour your sample into the bottle up to the line shown.
- 5 Tightly secure the cap and secure the bottle in the transport bag.



## Collecting your throat swab

### What you will need



Throat swab

- 1 Wash your hands and unpack the kit on a clean surface.
- 2 Remove the swab from its tube. **Avoid laying it down or touching its tip.**
- 3 Wipe the tip of the swab around the back of your throat. Swab these five areas:
- 4 Put the swab back in the tube and push tightly to close the seal.



## Collecting your rectal swab

### What you will need



Rectal swab

- 1 Wash your hands and unpack the kit on a clean surface, ideally in a bathroom.
- 2 Firmly hold the swab **3–4cm** from the tip. **Avoid laying it down or touching its tip.**
- 3 Find a comfortable position and insert the swab 2–3cm into your rectum.
- 4 Gently **rotate the swab** 5–10 times in large circles against the inside of your rectum.
- 5 Gently rotate the swab whilst slowly removing it, and return to the tube pushing tightly to close the seal.



### Helpful tip

Before you collect this sample, it helps to wipe your bottom with a tissue.

