



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?

DD / MM / YYYY

Your samples will be tested for

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

STEP 1	STEP 2	STEP 3
Carefully follow the instructions to collect your samples.	Complete and detach the form above so we know when you collected your samples.	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

Returning your samples

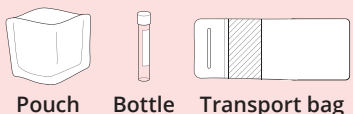
Once you're ready to return your samples, place them along with your completed form back into the kit box.

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.

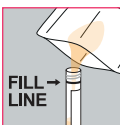
Return postage is not required, just pop the kit box into any Royal Mail post box. Find your nearest post box by scanning this QR code.

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 Press down firmly to secure the cap. Place the bottle into the transport bag, fold the top over and seal it.

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 blood sample

What you will need



Alcohol wipe



Safety lancet (x3)



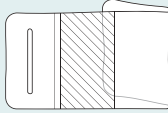
Collection tube



Tube holder



Plaster



Transport bag

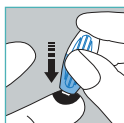
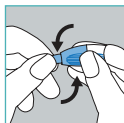
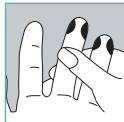
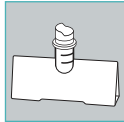
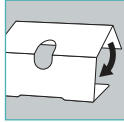
Helpful tips

To help blood flow, take a hot shower or bath just before you collect your sample.

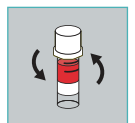
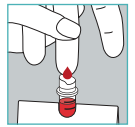
Stay standing, with your hand below your waist and your arm straight.

The safety lancet isn't painful, but if you're nervous, you could ask someone to help.

- 1 Wash your hands with warm water then unpack the kit on a clean surface.
- 2 Fold the cardboard tube holder, inserting the tab into the slot to secure it.
- 3 Remove the lid from the collection tube. Place the tube into the tube holder to keep it steady.
- 4 Use the alcohol wipe to clean one of your middle fingers, and let it dry.
- 5 Twist the tip of the safety lancet to break the seal, and remove the cap.
- 6 Place the safety lancet on the finger, and push firmly to activate. **The lancet activates once.**



- 7 Wipe away the first drop of blood with a clean, dry tissue.
- 8 Gently massage the finger from the base to the tip (using a milking motion) and allow drops to fall into the tube.
- 9 Fill the tube to the upper line on the side (marked 600). **We may not be able to test samples below the 400 line.**
- 10 If you are unable to collect enough blood, we've included spare needles, so try another finger (or two).
- 11 Apply a plaster to your finger, then tightly press the cap onto the tube. **Please wipe any blood from the outside of the tube.**
- 12 Gently turn the collection tube upside down 5 times. Place it into the transport bag, fold the top of the bag over and seal it.



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.



Helpful tip

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

- 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.

