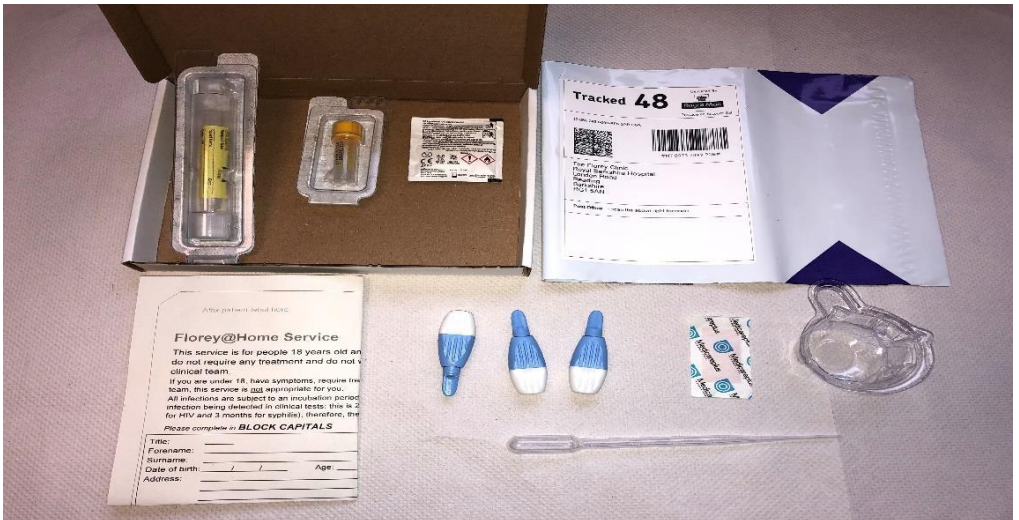


Instructions for using your Florey@Home kit Pack Two



Providing your blood sample can sometimes be difficult.
Please scan the QR code below to watch a short video or go to
<https://www.youtube.com/watch?v=qw7g6mHk5yk&t=1s>

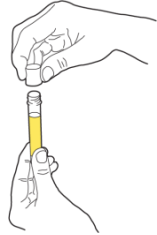


Please follow these steps to take a sample:

1. Pee the **first part** into the collection pot provided and the rest in the toilet.



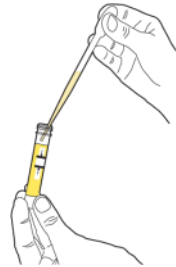
-
2. Remove the lid from the tube with the yellow label. You'll need this at step 5. **There is liquid in the tube, be careful not to spill this.**



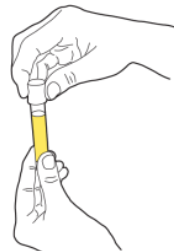
-
3. Use the pipette to draw up some of your urine from the collection pot.



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4. Squeeze the urine into the tube, filling up between the black fill lines.

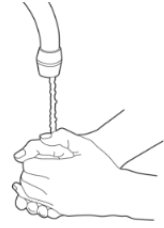


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5. Screw the lid back onto the tube tightly. **Do not pierce the foil cap of the lid.**

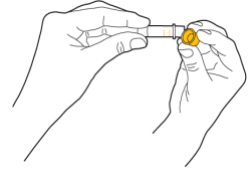


Blood sample instructions

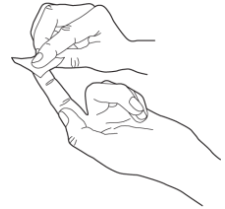
1. Wash your hands with warm, soapy water and dry them thoroughly. **Having warm hands is important.**



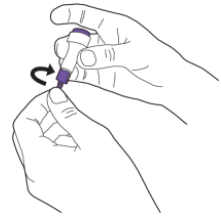
2. Take the lid off the small blood sample tube (yellow top) and make sure it is close at hand. You will need this at step 6.



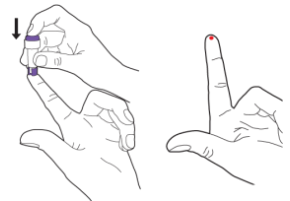
3. Clean your fingertip with the alcohol wipe.



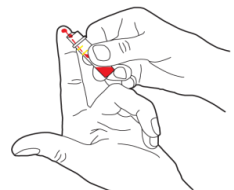
4. Prepare the lancet by twisting off the narrow cap.



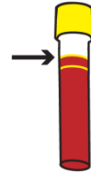
5. Gently position the lancet against a fingertip of your **non-dominant** hand. When you are ready, press the lancet down sharply and firmly to release the needle. Massage / milk your finger until a droplet of blood appears.



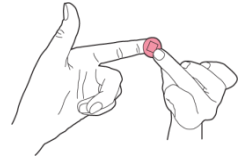
6. Use the edge of the tube to scoop the blood into the tube. Fill the blood collection tube until the blood sample reaches the upper line.



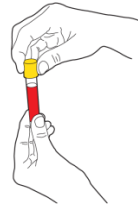
7. If you are unable to collect enough blood, use a second or third lancet to prick another finger. If you find it difficult to collect the blood sample you may find it easier if you have warm hands and use a smaller finger.



8. Clean your finger(s) with the alcohol swab wipe and apply a plaster to your finger(s).



9. Push the lid firmly onto the blood collection tube until it 'clicks'.



Place your completed samples into the hard transport boxes provided. Place these along with your completed registration form back into the cardboard box then into the return envelope.



Post your samples back us using any normal postbox.

All rubbish should be disposed of as normal household waste. www.safesexberkshire.nhs.uk