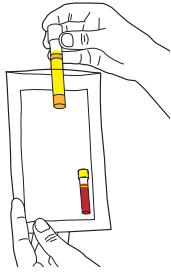
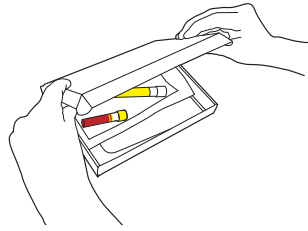


How to return your samples

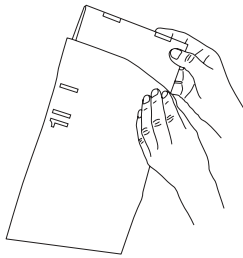
1 Once you have taken all your samples, put all the tubes in the clear plastic bag containing the absorbent pad and seal it according to the instructions on the bag.



2 Put the request form and bag into the box and close it up.



3 Put the box into the prepaid envelope, seal the envelope and post immediately.



4 Any waste items can be placed into general household waste.



Getting your results

You will usually be contacted by text message or telephone with your results within **two weeks** of us having received your returned samples.

For further results information please visit <https://ssk.umbrellahealth.co.uk/getting-your-results>



www.umbrellahealth.co.uk

STI testing kit

Penis

You have received this kit because you told us you have a **penis**

Before you start

In this kit you will find items to take a urine sample and a blood sample and two internal samples – one from your mouth (oral) and one from your rectum (rectal).

To get a full set of test results, please complete all samples. If unable to complete all samples, please still send the ones completed for testing.

Please read and follow the instructions overleaf carefully to do this. Incorrectly collected samples will not be tested.

You must also complete the enclosed request form in BLACK ink.

Do not use this kit if it has damaged packaging, the seal has been broken or it is outside of its expiry date.

All products used within Umbrella sampling collection kits for testing your samples are CE approved for use in the UK.

For further guidance on how to use this kit, visit www.umbrellahealth.co.uk/ss-kits or scan this code:

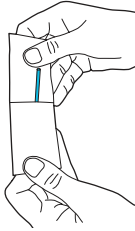


PB

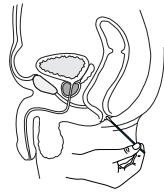
How to collect and send your samples

Internal Samples

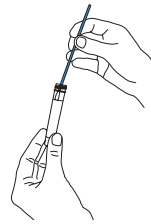
1 Remove the cotton bud swab from the paper packet (pink shaft in the package with black writing). Be careful not to touch the cotton end.



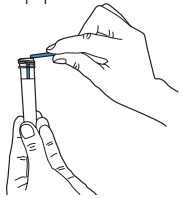
2 Place the tip of the cotton bud swab into your rectum and turn it for 10 to 30 seconds. Remove the swab carefully and without touching the rest of your body.



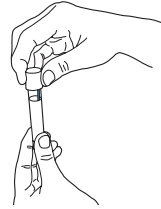
3 Remove the cap from the thin white tube and immediately place the cotton bud swab into it.



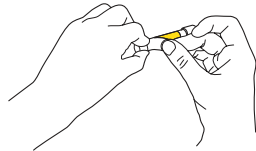
4 Carefully break the swab shaft against the side of the tube at the scoreline and discard the top portion of the swab shaft.



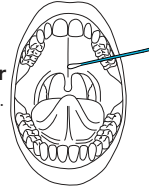
5 Screw the lid back onto the tube tightly. Do not pierce the foil cap of the lid.



6 Take the numbered sticker (labelled rectal) from the request form and attach it to the tube.



7 Now take the second pink swab (in packet with black writing) and repeat steps 1–6, this time take the sample from the back of the roof of your mouth and place the swab into a thin orange tube.



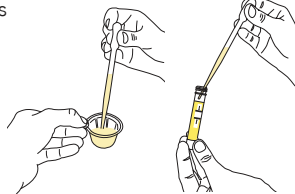
Then take numbered sticker (labelled oral) from the request form and attach it to the tube.

Urine Sample

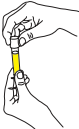
1 Pee into the urine collection pot provided, first part in the collection pot and the rest in the toilet.



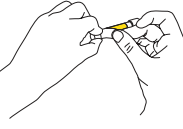
2 Remove the lid from the tube with the yellow label. Use the pipette to draw up some of your urine from the collection pot. Squeeze the urine into the tube, filling up between the black fill lines.



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



4 Take the numbered sticker (labelled urine) from the request form and attach it to the tube.

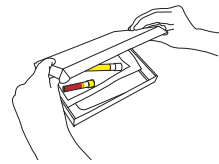


3 Stand the tube on a flat, stable surface and make sure it is close by ready.



Blood Sample – Before you begin

1 Unpack the kit on a clean surface.

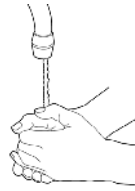


2 Take the lid off the small blood sample tube (yellow top).



Information on taking blood – Please fill the blood tube to the level marked on the tube. This will ensure we test you for all the relevant infections. Filling in the blood tube requires patience. The majority of us will require more than one attempt to do so.

1 Warm up your non-dominant hand with warm water for a couple of minutes.

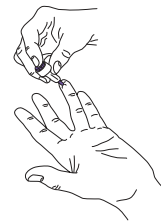


2 Make sure you are standing when you attempt to obtain blood from the finger prick site.

3 Clean the ring finger of the non-dominant hand with the sterile wipe.



4 Place the lancet on the thumb side of the tip of the finger. Push the lancet firmly against your skin.



5 Activate the lancet and keep on pressing it to your skin for five seconds after it is activated.



6 Gently start squeezing the finger from below to encourage blood flow.



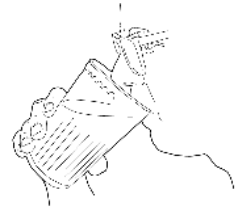
7 Collect all the blood that you can in the blood tube until the blood sample reaches the upper line.



8 If the flow of blood stops, close the tube with its cap.



9 Drink some water and try to repeat the attempt after 20 minutes.



10 You can use the thumb side of the tip of your third finger of the non-dominant hand as the next site. Repeat the steps 1-8.



11 Try the side of the ring finger close to the small finger of the non-dominant hand for the third attempt if required. Repeat the steps 1-8.



12 When finished screw the lid tightly onto the blood collection tube. Take the numbered sticker (labelled blood) from the request form and attach it to the tube.



After taking your samples please wash your hands. See overleaf for how to return your samples.