

Step-by-Step Guide to using a Lateral Flow Test

Prepare for self-testing at home

1



First, wash your hands and blow your nose.

2



Wash your hands again or use hand sanitiser.

3



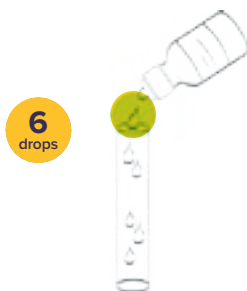
Place the extraction tube in a small cup to keep it upright.

4



Unscrew the small top cap of the extraction buffer pot. Do not unscrew the bigger lid as you will not be able to use it as a dropper.

5



Place 6 drops only of the extraction buffer into the extraction tube. Try to avoid touching the extraction tube with the bottle.

Reseal the extraction buffer for future use.

Take your test

1



Identify the soft fabric tip of the swab, open the wrapper and remove the swab. Do not touch the soft fabric tip.

2



Put the soft fabric tip gently into one nostril, about 1 inch up. You may feel some resistance. Roll the swab 10 times slowly along the inside of the nostril. Remove the swab and repeat in the other nostril with the same swab tip.

3



Put the soft fabric tip into the bottom of the extraction tube. Press the swab tip against the edge of the tube while gently squeezing the extraction tube to keep it secure. Rotate the swab around the tube for 10 seconds to squeeze as much fluid out as possible from the swab tip.

4



Remove the swab from the tube while squeezing the tube to remove as much fluid as possible from the swab tip. Place the swab back into the wrapper and dispose in general rubbish.

5



Press the nozzle cap tightly on to the extraction tube to avoid any leaks.

6



Specimen well

Turn the extraction tube upside down and lightly squeeze **two drops** onto the specimen well, into the hole marked with an S.

Reading your result

7



Place the specimen well onto a flat surface and make a note of the time. After 20-30 minutes, read your results and throw the specimen well away. Results after 30 minutes will be invalid. If you have two lines, one next to C and one next to T your test is positive. If there is one line next to C your test is negative.