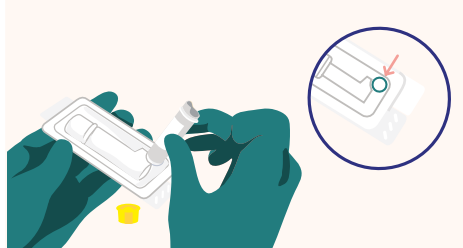
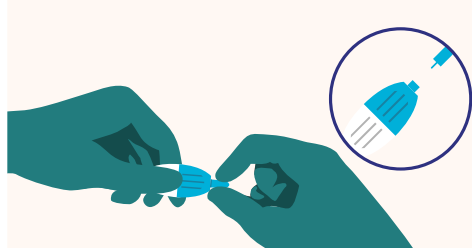




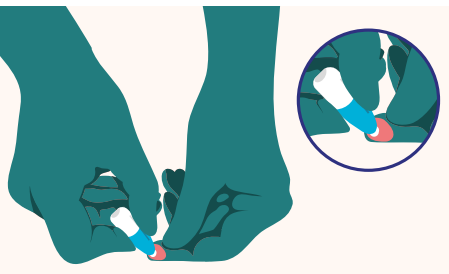
- 1 You might find taking the test difficult if your hands aren't warm. Try taking a shower or bath, soaking your hands in warm water, exercising or holding a warm mug.



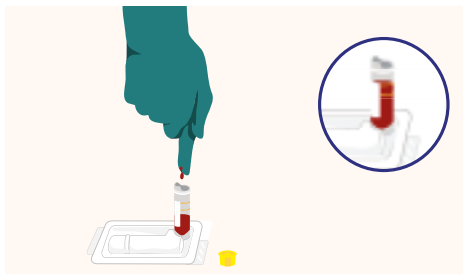
- 2 Remove the yellow lid from the tube. Close the protective case and gently push the tube into the corner of the case so that it stands up, as shown above.



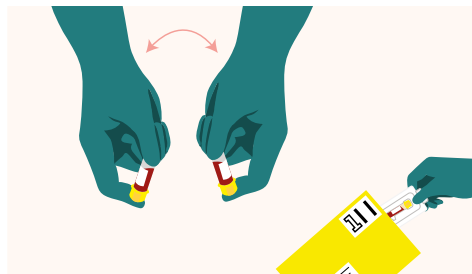
- 3 Twist and pull the tip off a lancet. Then use a wipe to sterilise your chosen finger.



- 4 To prick your finger, stand up and lay your hand on a flat surface. Press the lancet firmly into your fingertip, not too close to your fingernail. If you find the centre of your fingertips are sensitive, try pricking the side of your finger instead.



- 5 Stand up over the tube, keep your arm straight with your hand below your waist. Massage down your finger, avoiding squeezing too hard (if your blood stops flowing, prick another finger). Fill to the top 600 line, then push the yellow cap down firmly (so it clicks).



- 6 Gently turn the tube upside down 5 times so the blood can make contact with the preservative gel. This stops it from clotting. Put the tube into the protective case and into the yellow freepost envelope, together with your **lab card**. Post in any Royal Mail post box.

## What is included in the kit:

This is a simple and reliable test designed to be safely used at home.



Lab card



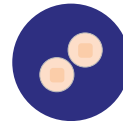
Sample tube



3 lancets



2 sterile wipes



2 plasters



Protective case

*You will also need some tissue.*

## How long does this test take?

It is best to do this when you have 5-10 minutes spare. Watching the video will help you take your sample more quickly whilst being warm and keeping your arm straight will really help blood flow to your finger.

## When should I take this test?

It takes time before STIs can be detected in a test. You should wait 4 weeks after you think you could have been exposed to HIV and 12 weeks for Syphilis. You can do this test at any time of day.

## What will this test for?

Check your lab card to see which tests will be carried out on your samples.

## Do I need to write my name on the samples?

No, we have already labelled your samples with a unique code, this is to ensure your experience is as easy and discreet as possible.

## Can I request more lancets (used to prick your finger)?

Yes, text 'lancets' to 07860 064 295.

## What happens next?

We will text you when your samples arrive at the lab.

We will then text you your test results as soon as possible (always within 7 days).

If your results are negative we will notify you by text.

If you have a reactive result we will call you to offer you support, advice and help you arrange further testing or treatment at a clinic near you.

POWERED BY **SH:24**

## Video instructions:

Watch our short tutorial video:  
[bit.ly/hiv-testing-kit](http://bit.ly/hiv-testing-kit)

## Contact us:

By text: 07860 064 295  
By email: [sh24.info@nhs.net](mailto:sh24.info@nhs.net)

## FAQs:

[freetesting.hiv/faqs](http://freetesting.hiv/faqs)