



Self Taken Blood Sample Home Sampling Kit

Information for patients

This home sampling kit is for you to take blood samples for testing for HIV and syphilis.

These are infections that may be sexually transmitted. HIV stands for Human Immunodeficiency Virus. This virus attacks the body's immune system so you are more prone to certain illnesses if the infection is not treated. Syphilis is a bacterial infection which can lead to serious illnesses, but is easily cured with antibiotics.

For more info see: www.lothiansexualhealth.scot

You have been sent this kit for the following reasons:

- You have spoken to one of our team who have advised you to be tested for these infections
- You have ordered a testing kit online
- You have recently been treated for syphilis and we want to repeat the tests to make sure the infection has been treated.

We suggest that you return the kit within 48 hours of receiving it, unless you have been told to wait before taking the tests. You can do the tests any time of the day.

Before you start

Please read through all of these instructions before using this kit.

You can also find a short video showing how to do the test on our website: www.lothiansexualhealth.scot

Look at the picture below as it describes the items in your kit.

Lay the contents of your kit out, make sure you have all the items, there are two types of transport case you should have either one or the other.



What is in my kit?

Please find enclosed all the items required to take your samples.

Your kit contains:

- 3 safety lancets
- 3 sterile wipes
- Blood tube and stand
- Label for your sample
- 3 plasters
- Transport case (there are 2 types of transport case so yours may look slightly different to the one in the picture)
- Blue sample bag
- Pre-addressed postage paid return cardboard box and security seal
- Results card.

Please read these instructions before taking your samples.

Before you start

1. To help the blood flow, have a hot shower or a bath beforehand. Alternatively hold a warm mug or hand warmer for 15 minutes
2. Stay standing when you do the test and have your hand below your waist and your arm straight
3. The lancet isn't painful but if you're worried you could ask someone to help

4. If you are doing swab or urine tests as well please make sure they are put into the same box before posting (this will have been discussed with you at your clinic appointment).

Instructions for taking your samples

How to take a blood sample from your finger

Setting up the test

- Wash your hands with warm water, this will help the blood flow
- Unpack the kit onto a clean flat surface
- Take the lid off the red topped tube (the blood tube) and stand it in the stand.



Doing the test



- Use the sterile swab to clean your finger (your middle or index finger are best)
- Twist the cap off one of the lancets
- You won't see the needle - it is hidden as a safety feature
- Rest your chosen finger on a hard surface
- Place the lancet on top of the pad of your finger and push firmly against the finger to activate
- Wipe away the first drop of blood with a clean dry tissue



- Hold your finger over the tube and massage from the knuckle down to the tip without touching the bleeding site
- Allow the drops of blood to fall into the tube
- The tube needs to be at least half full - this is approximately 16 drops
- It is very common that your finger stops bleeding before 16 drops have been collected
- Please use the additional lancets on your other fingers for the remaining drops or to fill the tube half full



- Once the tube is half full put the red top back on and screw tightly in place
- Turn the tube upside down 5 times to mix the blood in the tube
- Wipe any blood from the outside of the tube or it may be rejected at the laboratory
- Put the small handwritten label onto the tube.

Packaging and returning your test

- Place the tube into the transport case
- Gently open the blue sample bag, insert the sample and seal shut
- Put the sample into the pre addressed box (as well as any other samples you have been asked for) and close shut with the security seal
- Post the box into a letter box- the postage is already paid and it does not require to be taken to a post office.



Getting your results

- There is a small card included with your AN number on it, please hold onto this
- One week after you have returned your sample, call the telephone number that is printed along the top of the card to get your results
- When you call, ignore the AN and just put in the 8 digit number and your date of birth when requested on the phone
- If any results are positive we will make an appointment to see you.

Medical Photography, NHS Lothian, MD, 21_03076

Self Taken Blood Sample Home Sampling Kit V1.1
Approved by NHS Lothian Patient Information Team: Mar 2021
Review date: Mar 2024
LOT2163