PCR LABS

THROAT/NASAL SAMPLE COLLECTION

Covid-19 Gov.UK Authorised Throat/Nasal at-Home PCR Kit - Prepaid Shipping, 24 Hours Results

Scan the QR code for your registration
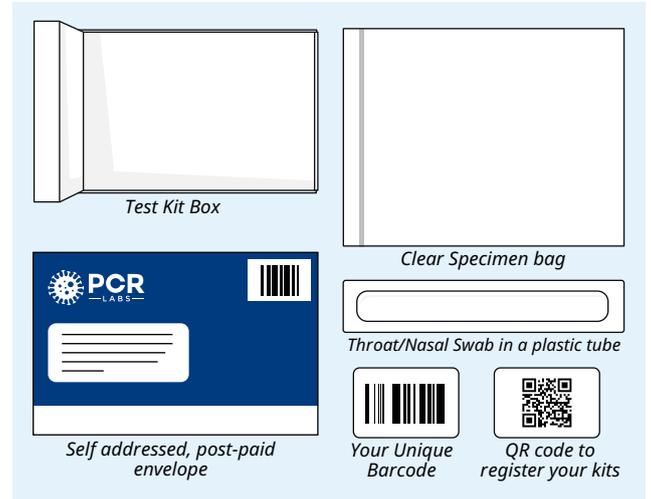
booking.pcrlabs.co.uk

⚠️ **TEST KIT INSTRUCTION:**
It Is very important that you read these instructions in full and follow the instruction in the correct order to obtain a valid result.

BEFORE YOU START
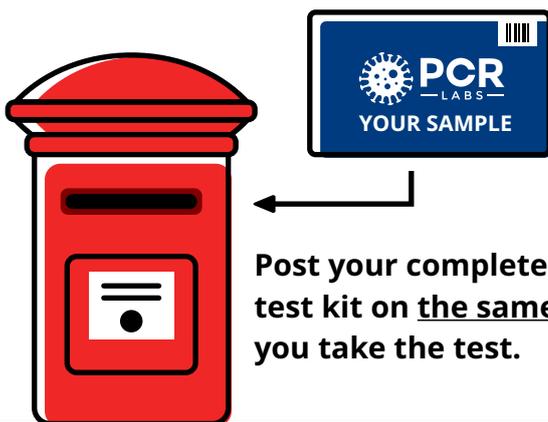
Checklist of the content:
- ☑ Throat/Nasal Swab in a plastic tube with name label
- ☑ Leak Proof sample bag
- ☑ Return Envelope, with pre-paid Royal Mail return envelope
- ☑ Instruction
- ☑ QR code to register your kits

Test Kit Box

Clear Specimen bag

Throat/Nasal Swab in a plastic tube

Self addressed, post-paid envelope

Your Unique Barcode

QR code to register your kits

This test is suitable for the following:
Adults ages 18 and over-self test (unless unable to do so)

CHECK COLLECTION TIMES AT PRIORITY POSTBOX

YOUR SAMPLE

Post your completed test kit on <u>the same day</u> you take the test.

Important:
You must return your test kit to the laboratory by posting it in a royal mail priority post-box only.

Please make a note of your unique tracking number

You can find your nearest Priority Postbox here:
www.royalmail.com/services-near-you or use Royal Mail app

REGISTER YOUR KIT ONLINE

Scan the QR code for your registration

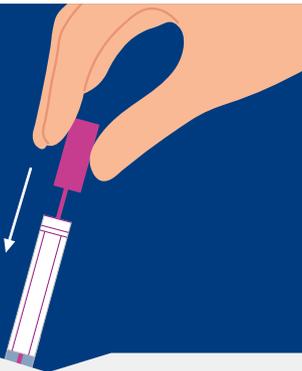**booking.pcrlabs.co.uk**

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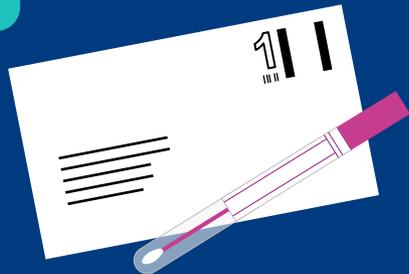## NASAL SWAB SAMPLE

1

Wash and dry your hands.

2

Twist and pull the swab out of the sample tube. Insert the swab into one nostril (about 2.5 cm or until you feel some resistance) and rotate the swab against the sides of the nostril for 10-15 seconds. Insert the same swab into the other nostril and repeat the same actions.

3

Put the swab back into the tube and close firmly.

4

Place all your samples and lab card into the grey freepost envelope and post in any Royal Mail post box.