

Tayside Sexual and Reproductive Health

Self Taken Blood Sampling Kit

Information for patients

The sampling kit pictured below 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.sexualhealthtayside.org

You have been sent this kit for one of these reasons:

- You have ordered a testing kit online
- You have spoken to one of our team who have advised you to be tested for this infection

You can do the test at any time of the day.

Before you start

Please read through all of these instructions before using this kit. There is also a video available to view on self taken blood sampling at www.sexualhealthtayside.org/topics/get_tested/

What is in my kit?

Please find a list and picture of all the items required to take your samples.

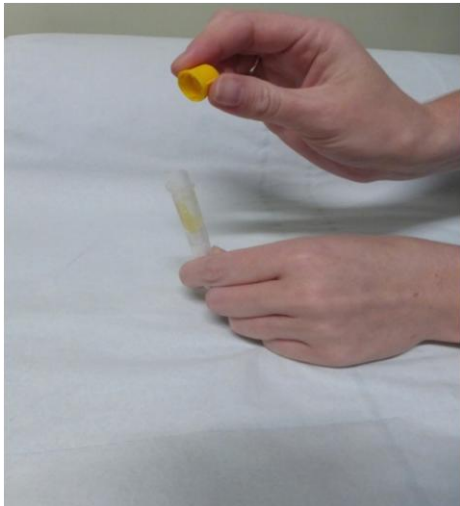
- Safety lancets
- Blood tube
- Spare specimen label
- Sterile wipes
- Plasters
- Specimen bag



How to take a blood sample from your finger

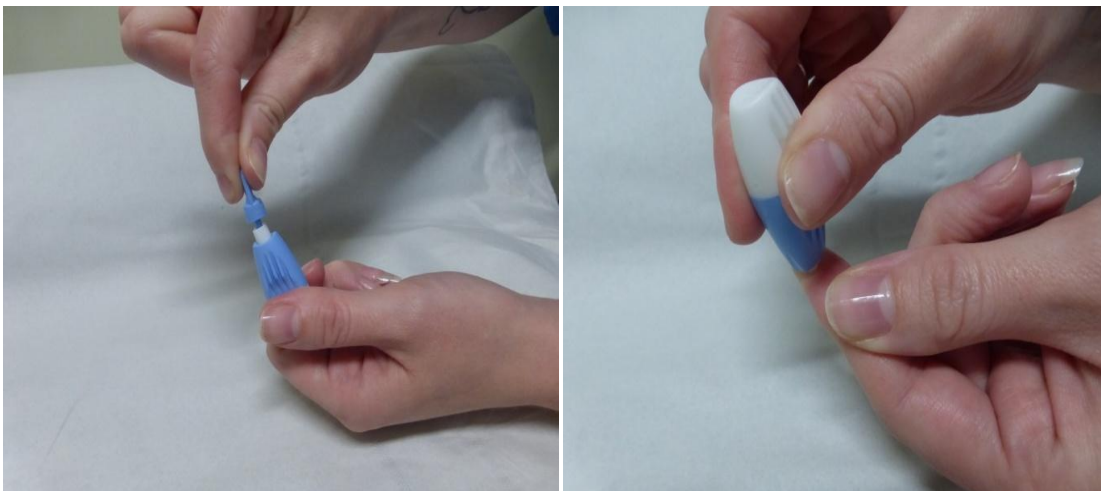
Setting up the test

- Wash your hands with warm water, this will help the blood flow
- Unpack the kit onto a clean flat surface
- Twist the lid off the yellow topped blood tube and place it on a flat surface.

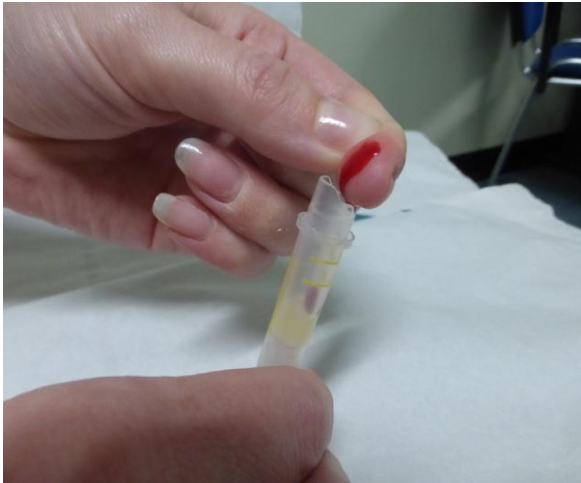


Doing the test

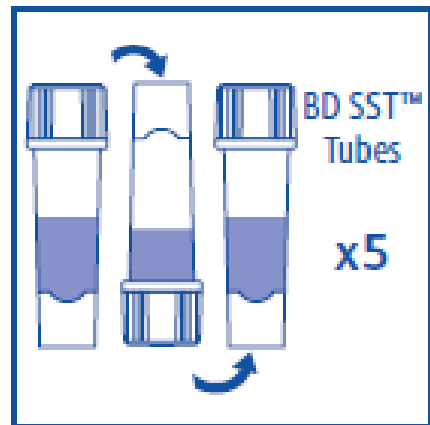
- Use the sterile swab to clean your finger (your middle or index finger are best)
- Twist the cap off one of the lancets
- You won't see the needle - it is hidden as a safety feature
- Rest your chosen finger on a hard surface
- Place the lancet on top of the pad of your finger and push firmly against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



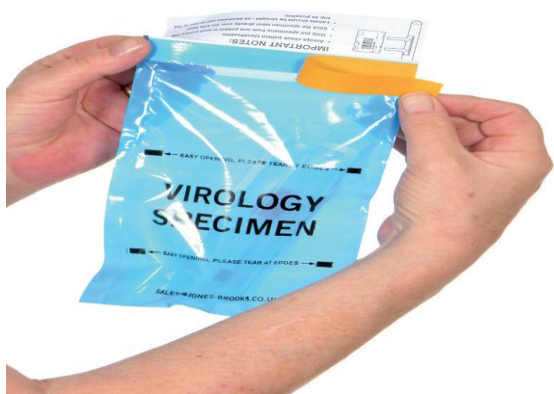
- The tube needs to be filled to the very top above both lines, this is approximately 25 drops. It is very common that your finger stops bleeding before 25 drops have been collected. If you are not able to fill the tube to the required level please do not send it, either request another self taken blood sampling kit or phone 01382 425542 to arrange an appointment to have your blood taken in person.



- Please use the additional lancets on your other fingers for the remaining drops if not sufficiently filled
- Once the tube has enough blood to reach between the 2 lines on the container put the top back on and push down firmly until a snap is heard.
- 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. If the label has gotten blood on it and is not easily read please apply the spare label over the top.

Packaging and returning your test

- Gently open the blue sample bag, insert the sample and seal shut
- Please hand the sample into any Tayside GP practice for transport back to the laboratory
- Please return the test as soon as possible, if the test is not returned within 4 weeks of receipt it will not be processed by the laboratory



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