

Returning your samples for testing

- Drop the sample off at any GP surgery across Lothian (it doesn't have to be your GP surgery). You can scan the QR or go online to NHS Inform and search GP Practices to find the closest surgery to drop off your sample off.
- Look for the sample drop off point in the surgery and add your sample.
- If you can't find it, ask the receptionist.



Find GP practice near you.

www.nhsinform.scot

SCAN ME

Getting your results

Included in the kit is a small card with your clinic number. Please hold onto this. It has the results line phone number across the top which you will need to call in 1 week's time.

Enter the 8 digit number followed by your date of birth when requested on the phone. Your results will then be given out over the phone by an automated service.

What happens next

If we need to speak to you about your results, we will contact you by text or by phone. We will discuss your results with you including the best way to organise treatment for you and any sexual partners who may need testing or treatment. It is still important you check your results yourself. If you have any queries call 0131 536 1070.



Self Sampling Kit For Blood Testing

Information for patients



Information for patients

This home sampling kit is for you to take a blood test for Syphilis and/or HIV. Please read the instructions fully before doing the kit. 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, it is cured with antibiotics. For more information on these infections or to watch the video about how to do the test please scan the QR codes at the bottom of the page or go to our website:

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 been treated for Syphilis and we want to repeat the tests to make sure the infection is properly 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.

- Hold your finger over the tube and massage from the knuckle down to the tip without touching the bleeding site.
- Allow the drops to fall into the tube.
- The tube needs to be **half full**.
- This means at least 16 drops, but sometimes more.
- It is very common that your finger stops bleeding before 16 drops have been collected. Additional lancets have been included to try another finger.
- Once the tube is half full, put the 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.
- **IMPORTANT: Put the enclosed label on the tube.**
- Put into the **Blue Sample Bag** and seal shut.
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STI's and STI Testing

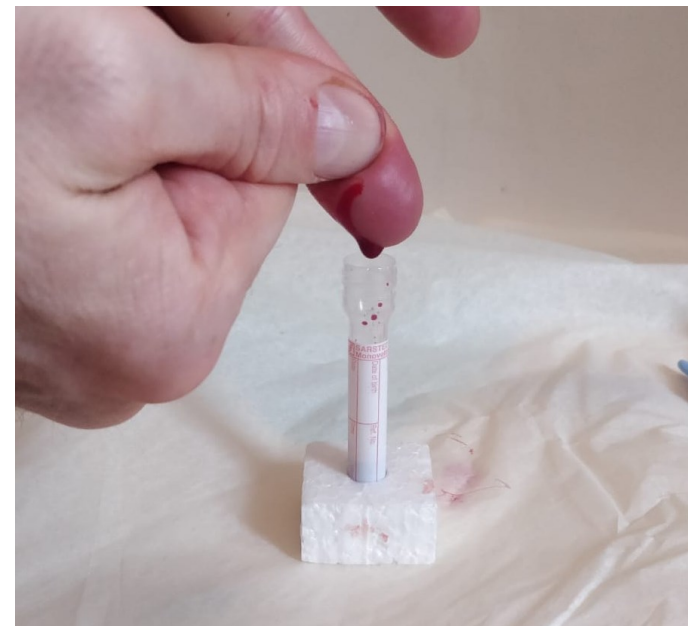


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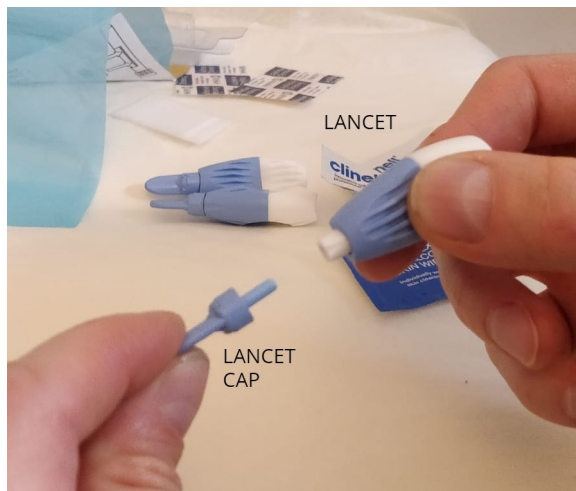
Blood test video, please scroll down page to correct video.



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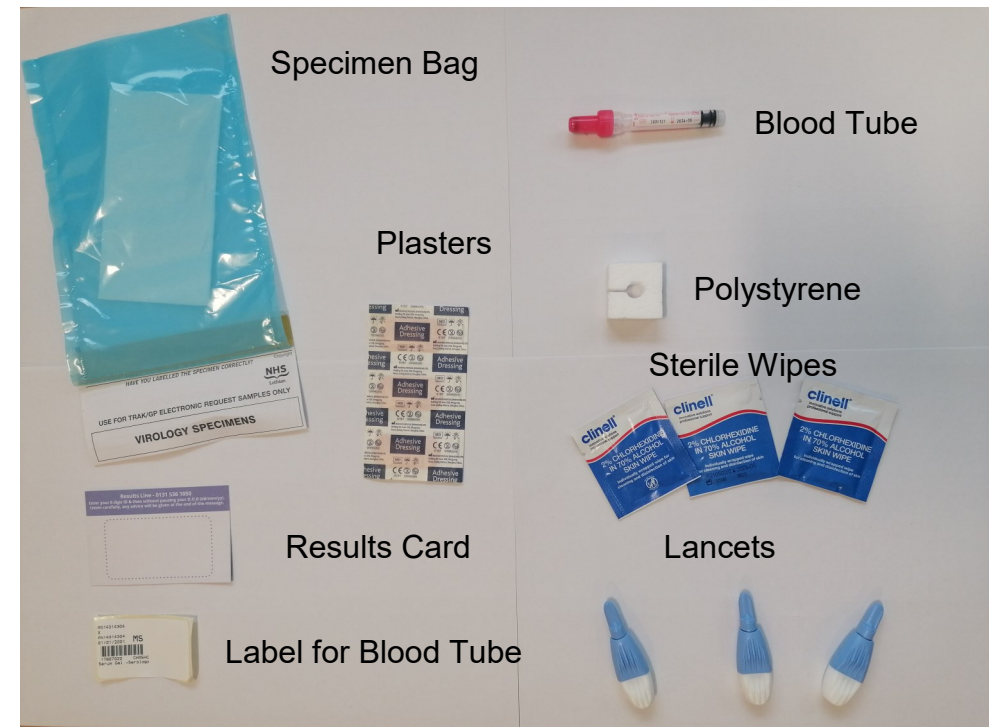


- Use the sterile wipe to clean your finger (your middle or index finger are best).
- Twist the cap off the lancet.
- You won't see the needle - it is hidden as a safety feature.
- Rest your chosen finger on a hard surface.
- Place lancet on finger and push firmly against the finger to activate.
- Wipe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



What is in my kit?

Enclosed are all the items required to take your samples, please read these instructions before taking your samples. The picture below shows all the items that may be in your kit and what they are called. Some items may vary slightly.



Before you start

1. Read the instructions before starting to take your samples.
2. If something is missing please contact 0131 536 1070 for a replacement.

- Remember to read the instructions before starting and watch the video using the QR on the first page of this booklet.
- Unpack the kit on a clean flat surface.
- Lay out the contents of your kit and check the items against the picture so you know what each item is for.
- To help the blood flow you can:
 - have a hot shower or bath beforehand.
 - hold a warm mug or hand warmer.
 - wash your hands with warm water
 - stay standing, have your hand below your waist and your arm straight.
- Give yourself plenty of time, it can take a few minutes to get enough blood.
- The lancet isn't painful but if you're worried you could ask someone to help.
- Take the lid off the tube and stand it in the hole in the polystyrene base.
- If you are also doing swab tests as well please ensure your blood sample goes in the **Blue Sample Bag**.

