

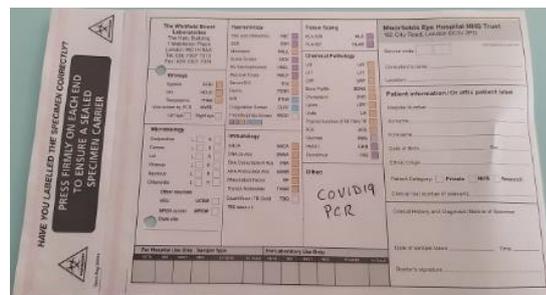


Please find below an overview of when to take your test, based on your day of surgery.

Surgery booked for	Book a courier	Take your test the morning of
Monday	Thursday of the previous week	Friday of the previous week
Tuesday	Friday of the previous week	Saturday of the previous week
Wednesday	Saturday of the previous week	Sunday of the previous week
Thursday	Sunday of the previous week	Monday of the week of surgery
Friday	Monday of the week of surgery	Tuesday of the week of surgery
Saturday	Tuesday of the week of Surgery	Wednesday of the week of surgery

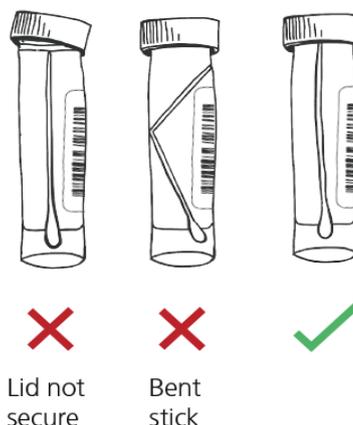
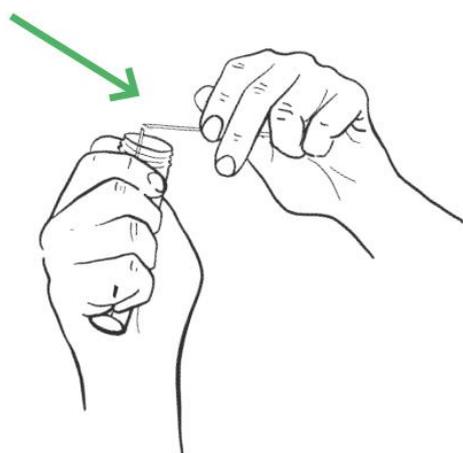
### Doing your combined throat and nose swab test

In your self-testing kit you will find a clear plastic bag with a **pre-labelled swab tube and container**, a **pre-labelled pathology form** and an **addressed envelope to return your swab in**. We will have already added your patient identity label to all relevant items. Please see below for a visual example of the swab tube and pathology form you will receive as part of your kit. This is just an example, as the swab tubes might have a different coloured cap, depending on what we are supplied.





any leaking. The swab stick has a grooved area to snap the swab off so this should only take a little effort to do.



9. Place the pathology form in the clear plastic bag with your swab sample and seal it over tightly. The small square of absorbent material inside prevents leakage and protects the couriers and laboratory staff whilst handling these samples.
10. Place the plastic bag in the envelope provided, sealing the envelope in preparation for the courier to collect.

**Please remember to:**

- ✓ **book your courier the day before you take your swab test.**
- ✓ **double check the patient identity labels on your swab.**
- ✓ **place the swab in its collection container along with the pathology form in the clear plastic bag and tightly seal it.**
- ✓ **place the clear plastic bag with your sample in the return envelope and seal it in preparation for the courier to collect.**

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