

SEXUAL HEALTH COLLECTION KIT

A urine and throat swab sample collection kit used for the collection and transportation of samples for laboratory analysis of sexually transmitted infections by nucleic acid technique (NAT)

This kit contains the materials required for either sample self-collection or collection by a health/social care professional.

- IVD** For *in vitro* diagnostic use, sample self-collection
- REF** KT437W
- UK CA**
- i** Carefully read the enclosed instruction leaflet before use
- !** Important: Do not use kit if security seal is broken. Keep out of reach of children
- ⊘** Do not re-use
- 18+** For use by persons aged 18 and over

Sample collection instructions (Steps 1–20)

- Please ensure the kit is within expiry date and read these instructions carefully and completely before attempting to collect the sample.
- If your kit requires online activation, please follow the instructions provided by your healthcare organisation. If you need assistance please contact the healthcare organisation who arranged the test.

Your sample collection kit contents

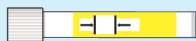
Please check that the kit contains all of the items outlined below. Do not proceed with sample taking if any items are missing, contact the healthcare organisation who arranged your test for assistance.



Sample collection swab, CE **STERILE EO**



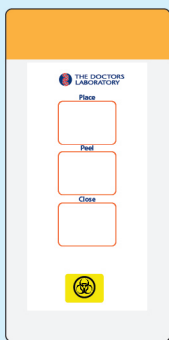
Swab specimen transport tube, **IVD**



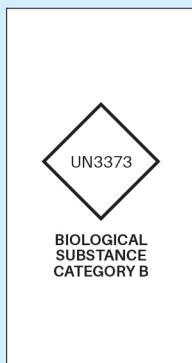
Urine specimen transport tube, **IVD**



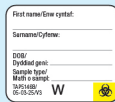
Sample transfer pipette



Transport pouch with absorbent pad



Return postal box



Sample label (x2)



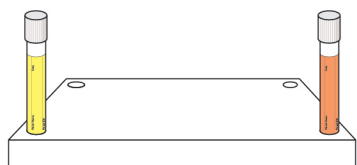
Urine collection box, CE



Return security label

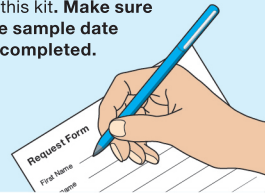
IMPORTANT!

The kit contents are supplied in a tray, please empty the tray contents and push through the holes in the base. Then turn the tray upside down and place your tubes into the larger holes as shown when collecting your sample.



URINE SAMPLE COLLECTION

- 1** If not already pre-populated please complete the test request form, provided by your doctor/clinic, separate to this kit. **Make sure the sample date is completed.**



- 2** Clearly complete the blood collection tube label using a ball point pen with:

- Your First name
- Your Surname
- Your Date of birth
- Sample type: Urine



Do not affix it to the tube at this stage.

- 3 IMPORTANT SAMPLE TRACKING INFORMATION!**

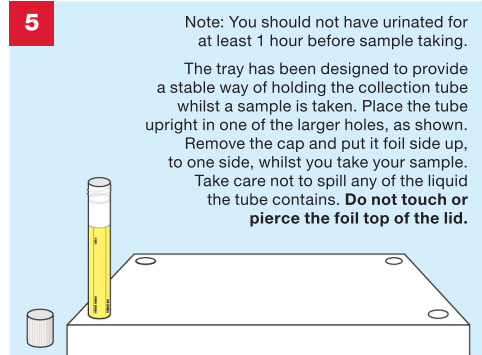
The return postal box has a postal tracking label applied. Please make a note of the unique tracking number displayed under the barcode on the postal tracking label, as shown below. Keep this in a safe place for future reference. **You can track delivery of your Royal Mail parcel by entering this number using the following link:** <http://www.royalmail.com/track-your-item>



Write your tracking number here for reference – keep this safe.

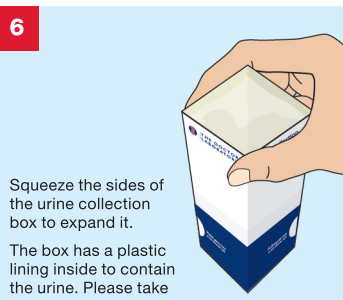


Wash hands using soap and water and dry them.



Note: You should not have urinated for at least 1 hour before sample taking.

The tray has been designed to provide a stable way of holding the collection tube whilst a sample is taken. Place the tube upright in one of the larger holes, as shown. Remove the cap and put it foil side up, to one side, whilst you take your sample. Take care not to spill any of the liquid the tube contains. **Do not touch or pierce the foil top of the lid.**

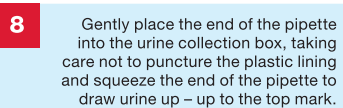


Squeeze the sides of the urine collection box to expand it.

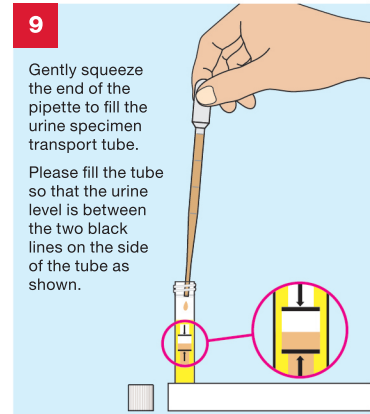
The box has a plastic lining inside to contain the urine. Please take care not to damage or puncture the lining.



Pass the first part of your urine into the urine collection box until it is half full then finish in the toilet.



Gently place the end of the pipette into the urine collection box, taking care not to puncture the plastic lining and squeeze the end of the pipette to draw urine up – up to the top mark.



Gently squeeze the end of the pipette to fill the urine specimen transport tube.

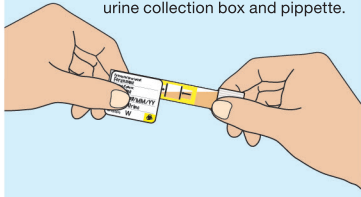
Please fill the tube so that the urine level is between the two black lines on the side of the tube as shown.

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Screw the cap back firmly onto the urine specimen transport tube.

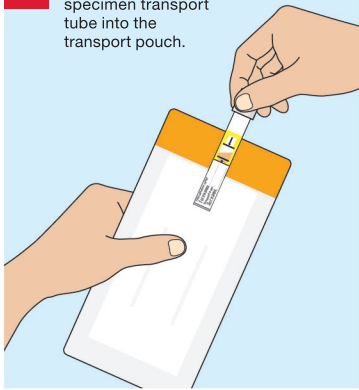
Apply the completed sample label onto the urine specimen transport tube as shown taking care not to cover the fill lines.

Discard any urine left in the collection box into a toilet and dispose of the urine collection box and pipette.



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Place the urine specimen transport tube into the transport pouch.



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IMPORTANT CHECKLIST

Before you return your sample please do the following:

- Place your completed request form supplied by your doctor/clinic into the kit tray
- Make sure both specimen tubes are labelled
- Make sure that both specimen tubes are in the transport pouch and this is firmly sealed
- Place the transport pouch into the kit tray
- Slide the kit tray back into the return postal box
- Close the return postal box and apply the return security label to seal the end of the box
- Check that you have taken note of your postal tracking number

Please store at room temperature until posted.

Please post your sample to **The Doctors Laboratory** as soon as possible (ideally on same day or within 24 hours of sample collection) from **ANY** Royal Mail post box in the UK. No stamp is required within the UK.

If you need assistance please contact The Doctors Laboratory on 020 7307 7373 or email samples@tdlpathology.com.

THROAT SWAB SAMPLE COLLECTION

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Clearly complete a sample collection tube label using a ball point pen with:

- Your First name
- Your Surname
- Your Date of birth
- Sample type: Throat



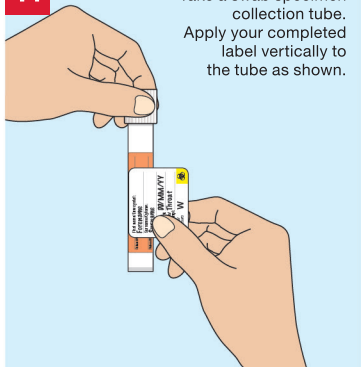
13



Wash hands using soap and water and dry them.

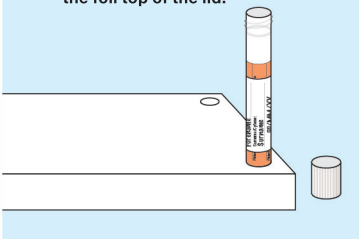
14

Take a swab specimen collection tube. Apply your completed label vertically to the tube as shown.



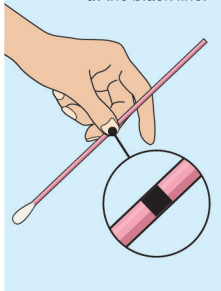
15

Place the tube upright in one of the larger holes, as shown. Remove the cap and put it foil side up, to one side, whilst you take your sample. Take care not to spill any of the liquid the tube contains. **Do not touch or pierce the foil top of the lid.**



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Take the swab out of its packaging and use one hand to hold the plastic shaft in the middle at the black line.

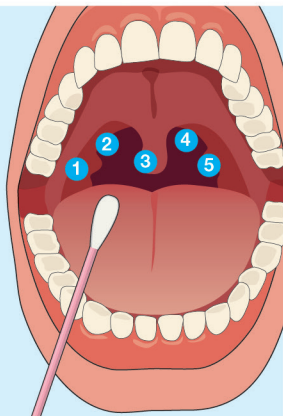


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Carefully insert the swab into the mouth ensuring contact with the 5 key areas:

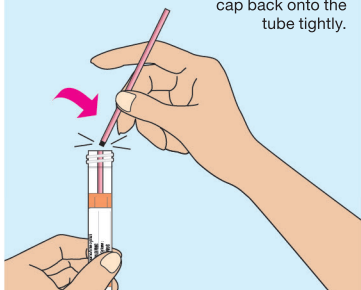
- 1 Tonsil
- 2 Posterior wall
- 3 Uvula
- 4 Posterior wall
- 5 Tonsil

Please do not let the end of the swab touch other areas of the mouth.



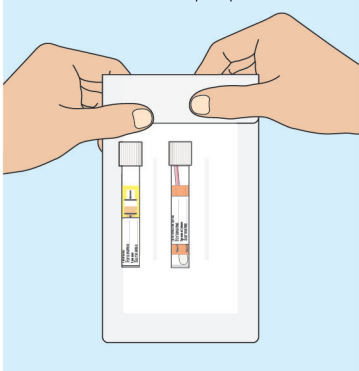
18

Carefully put the swab into the collection tube. Holding the tube steady, snap the stick off at the black line. Discard the stick end of the swab in a bin leaving the cotton end in the liquid. Screw the cap back onto the tube tightly.



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Place the swab specimen transport tube into the transport pouch.



Warnings and precautions

- This kit is designed for use by persons aged 18 and over and upon request of a healthcare professional or healthcare organisation.
- Please consult with a healthcare professional for guidance on sample collection processes for adolescent and younger children.
- The kit should not be used by individuals lacking the physical or mental capacity to correctly follow the self-collection instructions. If you have problems or feel unwell or lightheaded during the collection process, please pause and if necessary, consult with your advising healthcare professional.
- Do not affix the label to the urine specimen transport tube until after you have collected your sample. You will not be able to see how much urine you have collected if the label covers the tube.
- The Hologic transport buffer contains no substances which at their given concentration, are considered to be hazardous to health. In the case of contact with eyes, skin or mouth please and rinse thoroughly with clean water; if ingested please drink plenty of water and if any symptoms occur please consult a medical professional. In the case of spillages please wipe with absorbent paper and dispose in normal household waste. For further information please refer to safety datasheets which can be found at www.hologic.com or contact MolecularSupport@hologic.com.
- Samples arriving at the laboratory which show evidence of the below may not be tested:
 - Leaking sample/no liquid present in collection tube
 - No swab inside the collection tube
 - Two or more swabs inside the collection tube
 - Swab placed upside down in the collection tube
 - Different swab type/brand to the one supplied
 - General damage
- The sample collection swab has a score line, which after sampling helps the swab break at the correct position when pressure is applied to allow it to fit in the collection tube. If this score line is broken, appears damaged or the swab arrives in two broken parts, do not use and request another kit from your healthcare organisation.
- Use with caution if allergic to nylon fibre and ABS (Acrylonitrile butadiene styrene) material. If any problems arise during the sample collection process please contact your healthcare organisation.
- The accuracy of your results may be compromised if you do not read and follow the instructions in full.
- Samples arriving at the laboratory which show signs of degradation or general damage or arrive after 30 days (Aptima urine) and 60 days (Aptima swab) of sample taking may not be tested.
- Please note that some medicines or medicinal products may be considered interfering substances for certain biochemical or immunoassay investigations. Please consider the potential impact of interfering substances when interpreting results.
- Where appropriate, out of range, abnormal or positive test results deemed clinically significant should be confirmed with a confirmatory venous sample.






















Materials required but not provided

- **Test request form.** This will be provided by your healthcare professional or healthcare organisation. **Please complete the request form with your details as instructed.**
- **Clean tissue paper**

Laboratory Tests

- The tests and procedures undertaken by The Doctors Laboratory Limited are verified and performed in line with supplier product instructions for use and supported by additional validation data for use with self-collection procedures.
- Test results are provided in line with clinically approved results pathways, agreed between The Doctors Laboratory Limited and the patients designated healthcare professional or healthcare organisation.

KEY TO SYMBOLS

 IVD	For <i>in vitro</i> diagnostic use		Manufacturer	 UKCA	UK Conformity Assessed
 REF	Catalogue number		EU Authorised Representative		EU Conformity Assessed
 LOT	Batch code		Temperature limits: 4°–25°C		Do not re-use
	Biological risk. Biological sample, treat as potentially infectious		Caution, consult accompanying documents		Consult instructions for use
	Do not use if package is damaged		Keep away from sunlight		For use by persons aged 18 and over
	Use by end of year-month		Sterilized using ethylene oxide		Keep dry
	Distributor		STERILE		Not made with natural rubber latex



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Website: www.real-digital.co.uk



The Doctors Laboratory Limited

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Revision/Date Change summary

Revision/Date	Change summary
1 03/2023	Initial RDI product for UK market
2 09/2023	Minor translation changes
3 04/2025	Componentry change: secondary and outer packaging.

Any serious incidents that occur in relation to the use of this device, should be reported to Real Digital International.

