How to take an oral fluid swab

There is a video guide ‘How to take an oral fluid swab – for all the family’ here: bit.ly/OFKit

1. Contents of swab test kit
   - Foam swab (A) and clear tube (B) in paper packet
   - Self-adhesive clear plastic bag (C)
   - Cardboard Box (D)
   - Request form (E)
   - Prepaid grey plastic envelope (F)
   - Label for test tube (G)

2. Write the date of sample on the label (G) and on the request form (E). Stick the label to the clear tube (B)

3. Swab the gum line for 2 minutes

4. Replace foam swab (A) in clear tube and replace lid (B)

5. Place clear tube (B) into self-adhesive clear bag (C). Push air out of bag. Remove red strip from top fold down corner and stick down. Now wash your hands

6. Place form (E) with clear bag containing the sample (C) into cardboard box (D)

7. Place cardboard box (D) into prepaid grey plastic envelope (F) and seal. Post prepaid grey plastic envelope (F) in your local Royal Mail postbox

IMW199 – Instructions for taking Oral Fluid – MMR flatbox