



PCR Test Kit Guide

COVID-19 home PCR test instructions

Warning: This test must be registered to get a result



1. Register
the test online



2. Swab the
throat and nose



3. Pack up
the test kit



4. Return your test
kit the same day



Test kit barcode:

Name:

.....

Keep this booklet as a record of your test

.....

What you need to do



Return your test the same day you take it

Your step-by-step guide

Read through the instructions and follow the steps in the correct order. The preparation and test will take about **30 minutes**.

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PCR Test Kit Guide



Do not eat or drink for at least 30 minutes before doing your test to reduce the risk of spoiling the test.



Wash your hands for 20 seconds before you handle the test kit.

This test is suitable for:



Adults

Adults aged 16 and over, self-test (with assistance if needed)



Young people

Young people aged 12 to 15, self-test with adult supervision (and assistance if needed)



Children

Children aged 11 and under, adult to test

Warning

Failure to follow the instructions in this booklet may give an **inaccurate or void result**.

General guidance and warnings



Do not use if package is damaged, is missing components or is within 7 days of its use-by date.



If you have a nose piercing swab the other nostril. If pierced on both sides, remove the piercing on one side before swabbing that nostril.



This device is for single use only.



If you have had a nosebleed within the last 24 hours, swab the other nostril or wait 24 hours.



Store out of reach of children



If there is a reason you cannot take a throat swab, swab both nostrils instead.



These kits are designed for human use only.



If there is a reason you cannot take a nose swab, swab the throat only.



Do not use excessive force or pressure or bend the swab when collecting swab samples, as this may break the swab.



If you have problems with your hands or vision, you may need someone to assist you with the swabbing and testing process.

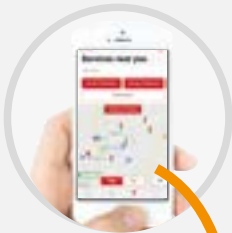


Clean spills from the plastic tube using paper towels and household cleaner.



Get medical advice if the solution is accidentally swallowed, or comes into contact with the skin, mouth or eyes.

Choose how to return your test kit



Use a Royal Mail postbox

Download and use the Royal Mail app or visit: royalmail.com/services-near-you



Find a Royal Mail postbox and check the collection times.

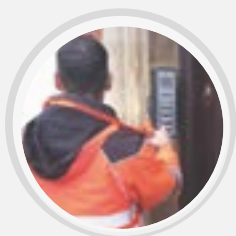
Post the test an hour before the last collection.



If you are unable to post your completed test kit yourself,

you can ask someone else to post it for you.

Choose how to return your test kit continued



Booking a courier

Call the contact centre on **119** to book a next day courier collection.



You should only request a courier collection if you are:

- Taking your test on a Saturday, Sunday or Bank holiday.
- Not able to post your test at least an hour before the last postbox collection.
- Too unwell to leave your home.
- A resident of the NHS Highland area and are not able to use the postal system.



7am

If you book a courier for a morning collection slot, you need to take your test by 7am.

Register your test kit

Important Register the test kit just before you take the test. You must register the test kit online to get the test results.



To register online, visit:

gov.uk/register-pcr-test

You will need:

- **a mobile phone number** we can send the result to
- **your postcode**
- **the 11-character test kit barcode**
This is on the plastic tube, leakproof bag and return box
- **the 13-character Royal Mail barcode**
from the prepaid return label. Enter numbers and letters only and not the # hashtag symbol
- **NHS number**, if you are registered with a doctor in the UK. If you do not know it, you can still register your test without it



Answer all questions and click on **continue** after each question.

When you have entered all the details, check your answers then confirm your registration.

Get help to register your test

- If you cannot use the online service, call **119**
- 119 provides support in over 200 languages
- Find your nhs number at:
nhs.uk/nhs-services/online-services/find-nhs-number/

Doing a test on yourself or someone else

Warning

If you have **COVID-19**, everyone in the household should follow the current government guidance.

nhs.uk/covid-19-advice-and-services/



You can watch a demonstration video on how to test yourself or a person who requires assistance at:

gov.uk/pcr-home-test



Warning

119



- Do not delay getting help if you feel very unwell and are worried.
- For help and advice, call **119**
- For a medical emergency, dial **999**

Set up your test

Important Wash your hands thoroughly for **20 seconds** using soap and warm water or hand sanitiser before handling the test kit to avoid contaminating it.

You will need:
tissues, surface cleaner, hand sanitiser or soap and warm water.



1 Read this instruction guide carefully.



2 Clear, clean and dry a surface ready for setting up the test kit.



3 Wash your hands thoroughly for **20 seconds** using soap and warm water or hand sanitiser.

If more than one test is being done, clean the surface and rewash your hands between each test.

Check test kit contents

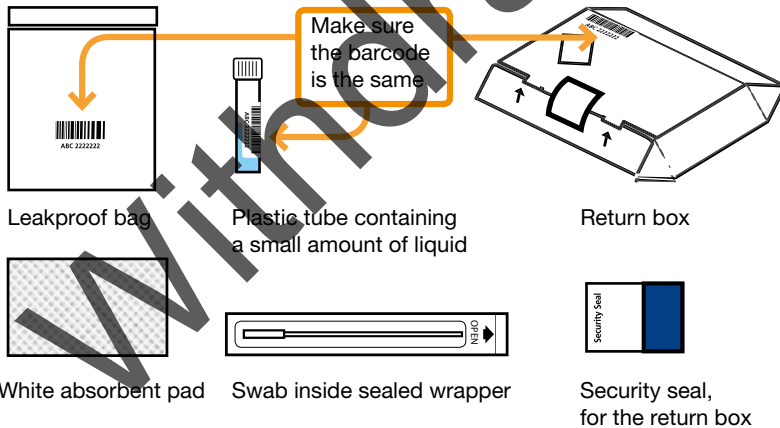
Warning Check the use-by date [YYYY-MM-DD] on the label on the test kit package. Do not use the test device after or within **7 days** of its use-by date.

4

Your test kit should have these items:

an 11-character barcode number on the instruction leaflet, plastic tube, leakproof bag and return box. Make sure the barcode number is the same on all these items.

Note that some components may differ from the picture.



Warning

What to do if something is damaged, broken or missing

119



If anything is broken or missing, or if any barcode numbers do not match, or if the test kit's use-by date has expired, or expires within 7 days, do not use the kit.

Call the contact centre on **119** to order a new test kit.

Take your swab sample

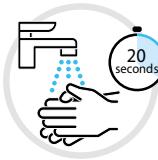
Warning

Try not to touch your tongue, teeth, cheeks, gums, or any other surfaces with the swab's fabric tip, as this may spoil your sample. If this does happen, complete and return the test anyway.



5

Gently blow nose into a tissue so excess mucus does not spoil the test. Throw the tissue away in a bin.



6

Wash your hands thoroughly for **20 seconds** using soap and warm water or hand sanitiser before handling the test kit to avoid contaminating it.



7

Open the swab package and gently take out the swab. Be careful not to touch the fabric tip with your fingers.

You will use this for both tonsils and nose.

Take your swab sample continued



8

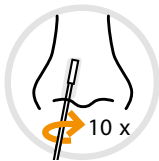
Hold the swab in your hand, open your mouth wide and tilt your head back.

Gently rub the fabric tip of the swab over both tonsils (or the area they would have been, if your tonsils have been removed).



9

Do this with good contact 4 times on each side. Carefully remove the swab.

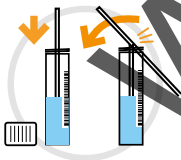


10

Put the same end of the same swab gently into the nostril about 2.5cm or until you feel some resistance.

Roll the swab firmly around making 10 complete circles, no force is needed. Carefully remove the swab.

If you have a piercing, use the other nostril.



11

Unscrew the lid from the plastic tube, while keeping it upright so the liquid stays inside. Put the swab into it with the fabric tip facing down.

Snap off the stick end of the swab, so that it fits inside the tube without bending.



12

Securely screw the lid on so no liquid can leak.

Important The liquid must stay in the tube.



Lid not secure



Bent stick



Stick is too short



Package the test kit



13

- Place the absorbent pad into the leakproof bag.
- Put the tube next to the absorbent pad in the same bag.



14

Let some air out of the leakproof bag and then seal it using its adhesive seal.

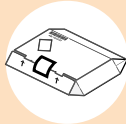
Make sure that it is sealed properly.



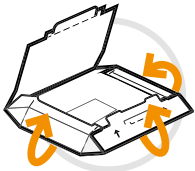
15

Wash your hands thoroughly for **20 seconds** using soap and warm water or hand sanitiser.

How to assemble the return box

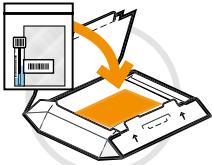


Return the test the same day you take it



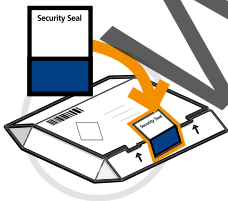
16

- Follow the assembly instructions on the return box.
- Fold both the sides upwards and inwards towards the centre.



17

- Fold the bottom part of the lid towards the centre on top of the sides.
- Put the sealed leakproof bag containing the plastic tube and absorbent pad into the box.



18

- Close the box.
- Apply the security seal as shown to close the box securely.
- Take a picture or note of the barcode number, so you can track the delivery.



You are now ready to post your test kit

Dispose of any remaining test kit parts in your household waste.

Return the completed test kit



You should get the results by email and text **within 2 days of returning the kit.**

If you have not received the results **after 5 days, call the contact centre on 119.**



Use a Royal Mail postbox

Post the completed test kit or ask someone to post it for you, on the same day you take the test and no later than 1 hour before the last collection time.



If you have COVID-19 symptoms and you leave your home to post your test kit, you should wear a face covering and try to avoid contact with others.



Track your delivery using your Royal Mail return label barcode number at [royalmail.com/track-and-trace](https://www.royalmail.com/track-and-trace)



Courier collection

If you have booked a courier collection, your completed test kit will be collected in the arranged morning or afternoon time slot.

If the courier does not arrive call **119** for advice.



UK Health
Security
Agency

PCR Test Kit Guide

Give feedback about your test or report harm

If you are harmed by a device or have feedback about your test kit, reporting it could help others. Go to: gov.uk/covid-19-test-feedback or call **119**



Get help to take your test



be my
eyes

You can use the free bemyeyes.com app to get help from trained NHS Test and Trace staff.

Download the app, go to: **Specialized Help** and select **NHS Test and Trace** in the Personal Health category.

If you need help, call **119** (free from mobiles and landlines).



Intended use for PCR kits

The UKHSA PCR (Polymerase Chain Reaction) sample collection kit is a specimen receptacle kit used to collect and preserve a nasal-oral swab sample during the transit to the laboratory; the specimen sample taken with the swab from the human upper respiratory system over both tonsils and inside of the nostril detects the presence or absence of SARS-CoV-2 Virus and aids the diagnosis specifically for the COVID-19 disease. The PCR sample collection kit is intended as a self-sampling device conducted by a lay person.



Supply of this device is only permitted as part of the UKHSA deployment under the NHS Test and Trace programme.

Manufacturer: UK Health Security Agency, Nobel House, 17 Smith Square, London, SW1P 3HX

Index of symbols

Temperature limit	Caution	Date of manufacture	Do not re-use
Lot number	Use-by date	Manufacturer	In vitro diagnostic medical device
Keep away from sunlight	Consult instructions for use	Keep dry	Do not use if package is damaged
Biological substance category B	UK Conformity Assessed		