

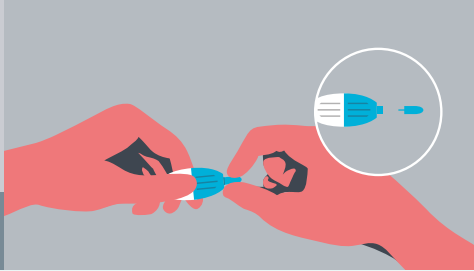


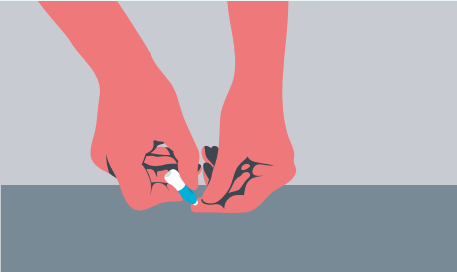
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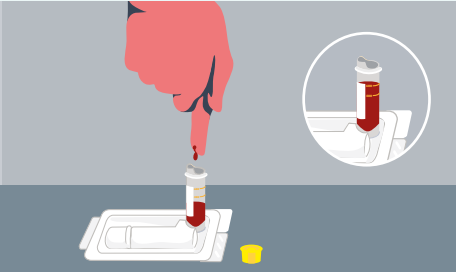
1 Warm up to help your blood flow. Do the test after having a shower, bath, soaking your hand in warm water, exercising or holding a warm mug.
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2 Remove the yellow lid from the tube. Close the protective case and gently push the tube into the corner of the case, so that it stands up, as shown above.


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3 Twist and pull the tip off a lancet. Then use a wipe to sterilise your chosen finger.

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4 To prick your finger, lay your hand on a flat surface. Press the lancet firmly into your fingertip, not too close to your fingernail. Some people find the centre of their fingertips are sensitive and so they prick the side of their finger.
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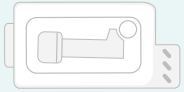
5 Stand over the tube, keep your arm straight and massage down your finger (if your blood stops flowing, prick another finger). Fill to the top 600 line, then push the yellow cap down firmly (so it clicks).

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6 Gently turn the tube upside down 5 times. Put the tube into the protective case. Place all your samples and **lab card** into the grey freepost envelope and post in any Royal Mail post box.

What is included in the kit:

This is a simple and reliable test designed to be safely used at home.



Protective case



Sample tube



3 lancets



2 sterile wipes



2 plasters

You will also need some tissue

How long does this test take?

It is best to do this when you have 5-10 minutes spare. Watching the video will help you take your sample more quickly whilst being warm and keeping your arm straight will really help blood flow to your finger.

When should I take this test?

It takes time before STIs can be detected in a test. You should wait 4 weeks after you think you could have been exposed to HIV, Hepatitis B or Hepatitis C and 12 weeks for Syphilis.

You can do this test at any time of day.

What will this test for?

Check your lab card to see which tests will be carried out on your samples.

Do I need to write my name on the samples?

No, we have already labelled your samples with a unique code, this is to ensure your experience is as easy and discreet as possible.

Can I request more lancets (used to prick your finger)?

Yes, text 'lancets' to 07400 370 855.

What happens next?

We will text you when your samples arrive at the lab.

We will then text you your test results as soon as possible (always within 7 days).

If you do have an infection we will advise you how to get treatment and further support.



Watch this short tutorial video of someone doing the test:
bit.ly/FettleBloodTest

Contact us:

By text: 07400 370 855

By email: info@fettle.health

FAQs:

fettle.health/faqs

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