

A Step by Step Guide to using a Lateral Flow Device

Prepare your test

1



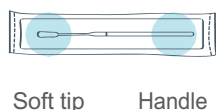
Gently blow your nose into a tissue to get rid of excess mucus.

2



Wash and dry your hands again (or use sanitiser if this is available).

3



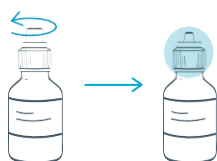
Check the swab in the sealed wrapper in front of you. Identify the soft, fabric tip of the swab.

4



Place the extraction tube in a small cup to keep it upright.

5



Unscrew the small top cap of extraction buffer pot. **DO NOT** unscrew the bigger lid as you will not be able to use it as a dropper and it will spill on your surface when you perform the next step.

6



Place 6 drops only of the extraction buffer into the extraction tube. Try to avoid touching the tube with the bottle.

Reseal the extraction buffer for future use.

Take your swab sample

7



Open the package and gently take out the swab. Try not touch the soft fabric tip-end of the swab.

8



Put the swab gently into one nostril, you may feel a slight resistance (insert about an inch). Roll the swab 10 times slowly along the inside of the nostril. Remove the swab and repeat 10 times in the other nostril with the same swab.

9



Now put the fabric end of the swab into the bottom of the extraction tube. Press the swab head against the edge of the tube while gently squeezing the tube, and rotate the swab around the tube for 10 seconds to squeeze as much fluid out as possible.

10



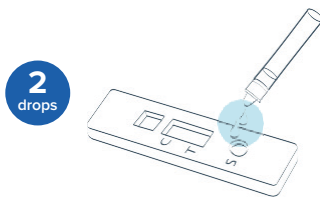
Take out the swab while squeezing the tube removing as much fluid as possible. Place the swab back into the wrapper and dispose in the rubbish bin provided.

11



Press the nozzle cap tightly on to the tube to avoid any leaks.

12



Specimen well

Turn the tube upside down and lightly squeeze two drops onto the specimen well, the small circular hole labelled with an 'S'.

13



Place the Lateral Flow Device Test on a flat surface for 30 minutes. Set a clock, timer, or watch and wait 30 minutes to read the results. Do not read your results until the 30 minute mark as it can lead to falsely negative result.