

THANK YOU FOR ORDERING YOUR TEST WITH US
PATIENT INSTRUCTIONS - COVID-19 PCR TEST

PLEASE READ THESE INSTRUCTIONS TO THE END BEFORE ATTEMPTING TO COLLECT YOUR SAMPLE

Your Sample kit contains:

- Throat/nasal swab
- Sample tube containing liquid
- 95Kpa Pouch + Absorbent Pad
- Box
- Return label
- Overpack
- Instructional leaflet

Please check the contents before taking the test.

BEFORE COLLECTING A SAMPLE

1. Note down your sample tube barcode in the box below:

This is a 11-digit alphanumeric barcode (starting with N) that can be found on the side of the sample tube.



Keep this sheet in a safe place and take a picture of the barcode for your records.

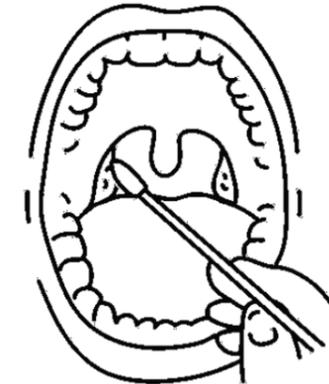
You must activate your test by visiting our website, www.rainbowlabs.co.uk. Click on "ACTIVATE TEST" which can be found on the top right-hand corner of the website. You will need to do this on the day of collecting your sample, otherwise your sample will NOT be processed.

COLLECTING A SAMPLE

IMPORTANT :

Please watch this video for reference on our website or on YouTube
<https://www.youtube.com/watch?v=zCqo7MhQT6U>

2. Wash your hands. Then remove the throat/nasal swab from the sterile pocket.
3. First swab your throat (tonsils or where your tonsils used to be) from left to right. This should be done for approximately 10-15 seconds.



4. Using the same swab, insert the swab into one nostril up to 2cm and rotate the swab 5 times in each nostril. If you have a piercing on one side, use the other nostril.

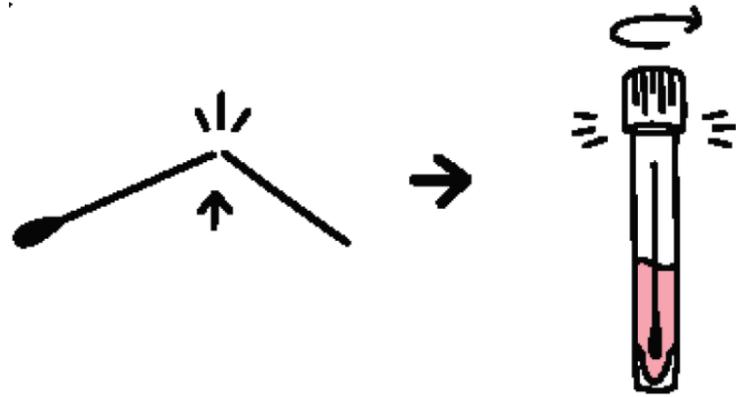
Important

If you have a known condition such as base of skull fracture, previous sinus surgery, or meningoceles, you are advised to do a throat swab only and skip this step. This list of conditions is not exhaustive. Professional medical advice should be sought from your GP or clinician on individual circumstances.

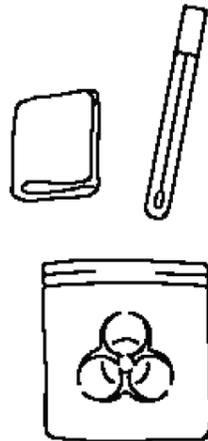


5. Carefully open the tube containing the liquid and insert the swab with the fabric tip facing down and snap the swab stick at the crease. **FIRMLY SCREW THE CAP CLOSED** to prevent any leakage and voiding of sample. **DO NOT DISPOSE OF ENCLOSED LIQUID.**

COLLECTING A SAMPLE



6. Place the sample tube into the 95Kpa Pouch with the Absorbent Pad and seal the pouch.



7. Place the 95Kpa Pouch into the box

PLEASE ONLY RETURN YOUR SAMPLE IN THIS ENVELOPE. DO NOT SEND MULTIPLE SAMPLES TOGETHER

8. Place the box into the UN3373 overpack and seal it well. Affix the Royal Mail Tracked 24 Return Label on the pack. Your sample is now ready to be posted.

HOW TO SAFELY RETURN A SAMPLE

9. If you are returning your sample using the return label provided in the box, please write down the tracking number below. The tracking number can be found below the long barcode on the return label. **Please take a picture of the return label for your records.**

HOW TO SAFELY RETURN A SAMPLE

10. Post the envelope in a Royal Mail priority postbox. Visit www.royalmail.com/services-near-you/ to find your nearest Royal Mail priority postbox.

11. You will usually receive your results via email within 12-24 hours of your sample being received by the laboratory (not from when you post your sample).

12. You can track to see if your sample has reached our labs by visiting www.royalmail.com/track-your-item#/

CUSTOMER SERVICES

If you have purchased this test through a Rainbow Labs sales partner, please contact that company directly for any test kit/testing service help and support.

Rainbow Labs' Customer Services team are **unable** to answer any queries relating to tests purchased through our sales partner network. Please contact the company you purchased your kits from.

If you have purchased this test directly from Rainbow Labs, please contact our customer services team for non-medical queries on tel: +44 (0) 20 8191 0931 or email: support@rainbowlabs.co.uk

(for up-to-date information and customer service opening times, please visit <https://www.rainbowlabs.co.uk>)