

## SEXUAL HEALTH COLLECTION KIT

A lesion sample collection kit used for the collection and transportation of samples for the laboratory analysis of lesion and vesicular rash causing viruses by nucleic acid technique (NAT)

This kit contains the materials required for either sample self-collection or collection by a health/social care professional.

**IVD** For *in vitro* diagnostic use, sample self-collection

**REF** KT404

**UK CA**

**!** Carefully read the enclosed instruction leaflet before use

**!** Important: Do not use kit if security seal is broken. Keep out of reach of children

**18+** Do not re-use

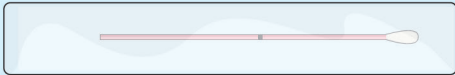
**18+** For use by persons aged 18 and over

### Sample collection instructions (Steps 1–15)

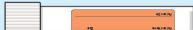
- Please ensure the kit is within expiry date and read these instructions carefully and completely before attempting to collect the sample.
- If your kit requires online activation, please follow the instructions provided by your healthcare organisation. If you need assistance please contact the healthcare organisation who arranged the test.
- For alternative language versions of these kit instructions please visit [www.tdlpathology.com](http://www.tdlpathology.com)

### Your sample collection kit contents

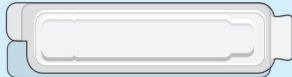
Please check that the kit contains all of the items outlined below. Do not proceed with sample taking if any items are missing, contact the healthcare organisation who arranged your test for assistance.




Sample collection swab, CE **STERILE EO**




Swab specimen transport tube, **IVD**




Protective packing wallet




Sample label



Return security label



Return postal envelope



Collection kit outer box

Cold sores are red, fluid-filled blisters that form near the mouth or on other areas of the face. These may present as a single sore, or they are often clumped together in patches. Cold sores may persist for two weeks or longer and are most commonly caused by herpes simplex virus (HSV-1)

Cold sores can spread from person to person through close contact, such as kissing, sharing cosmetics or food. Oral sex may spread the amount of sores, or spread to genital herpes. Most sores are visible but even if not, they are contagious. Once you get the herpes simplex virus, it can't be cured but it can be managed. The virus remains dormant which means that new sores can appear at any time when the virus reactivates.

Importantly, other viruses may produce similar lesions on other parts of the body. Monkeypox rash usually appears 1 to 5 days after the first symptoms. The rash often begins on the face, then spreads to other parts of the body. This can include the genitals. The rash is sometimes confused with chickenpox. It starts as raised spots, which turn into small blisters filled with fluid. These blisters eventually form scabs which later fall off.


Please collect your sample from the blister or lesion site using the collection methodology described in collection points 11 and 12.

## ORAL LESION SWAB COLLECTION

### Important sample taking detail

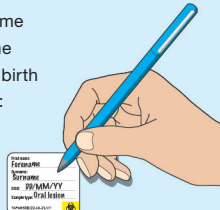
- If there are no visible blisters or sores the swab sample should not be taken.
- Ideally samples should be collected within the first three days of the blister(s) developing.
- Once crusting and healing have begun, the quality of the sample becomes reduced.
- Do not collect a sample from multiple blister sites, please limit swab sample collection to one part of the body only. Indicate sample type on the collection tube label.

**1** If not already pre-populated please complete the test request form, provided by your doctor/clinic, separate to this kit. **Make sure the sample date is completed.**




**2** Clearly complete the sample collection tube label using a ball point pen with:


- Your First name
- Your Surname
- Your Date of birth
- Sample type: Oral lesion



**3 IMPORTANT SAMPLE TRACKING INFORMATION!**

The enclosed postal envelope has a postal tracking label applied. Please make a note of the unique tracking number displayed under the barcode on the postal tracking label, as shown below. Keep this in a safe place for future reference. **You can track delivery of your Royal Mail parcel by entering this number using the following link:** <http://www.royalmail.com/track-your-item>






#ZY 0080 8256 1GB#

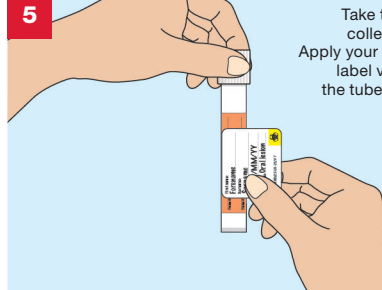
**Write your tracking number here for reference – keep this safe.**

**4**



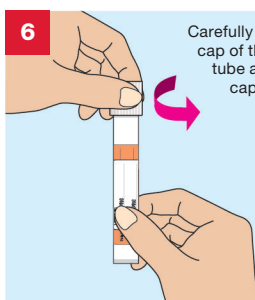
Wash hands using soap and water and dry them.

**5**



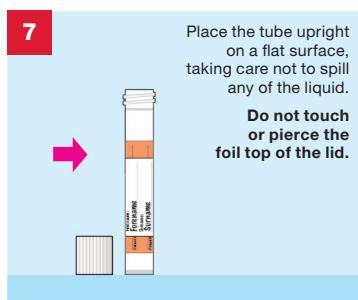
Take the sample collection tube. Apply your completed label vertically to the tube as shown.

**6**



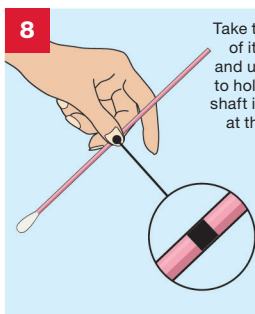
Carefully unscrew the cap of the collection tube and leave the cap to one side.

**7**



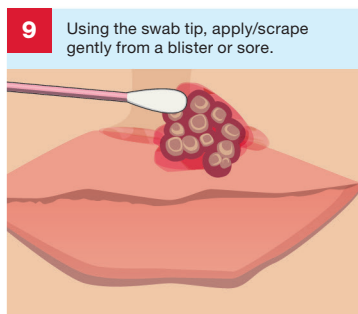
Place the tube upright on a flat surface, taking care not to spill any of the liquid. **Do not touch or pierce the foil top of the lid.**

**8**



Take the swab out of its packaging and use one hand to hold the plastic shaft in the middle at the black line.

**9**

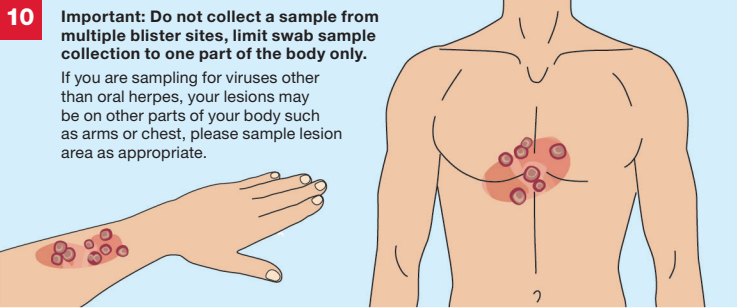


Using the swab tip, apply/scrape gently from a blister or sore.

10

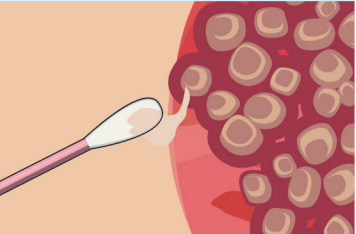
**Important: Do not collect a sample from multiple blister sites, limit swab sample collection to one part of the body only.**

If you are sampling for viruses other than oral herpes, your lesions may be on other parts of your body such as arms or chest, please sample lesion area as appropriate.



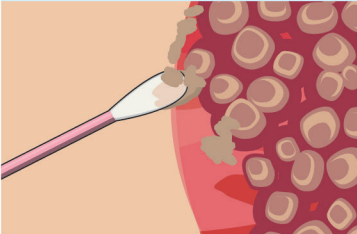
11

If possible, use the swab tip to collect fluid, if present, from the blister.



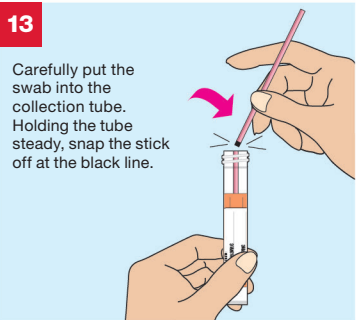
12

If there is crusting, and the scab can be lifted, use the swab tip to collect from the base of the opened lesion(s).



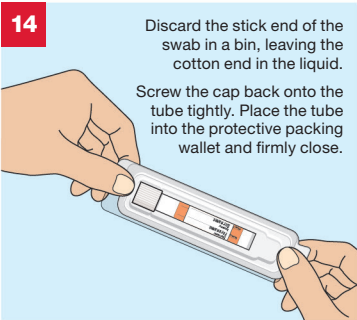
13

Carefully put the swab into the collection tube. Holding the tube steady, snap the stick off at the black line.



14

Discard the stick end of the swab in a bin, leaving the cotton end in the liquid. Screw the cap back onto the tube tightly. Place the tube into the protective packing wallet and firmly close.



15

# IMPORTANT CHECKLIST


Before you return your sample please do the following:

☐ Place your completed request form supplied by your doctor/clinic into the postal envelope
 ☐ Make sure the swab specimen transport tube is labelled and is placed inside the protective packing wallet
 ☐ Place the protective packing wallet into the collection kit outer box
 ☐ Close the collection kit outer box firmly and apply the return security label to seal it
 ☐ Place the collection kit outer box into the return postal envelope
 ☐ Check that you have taken note of your postal tracking number

**You are now ready to seal the postal envelope. Please store at room temperature until posted.**


Please post your sample to **The Doctors Laboratory** as soon as possible (ideally on same day or within 24 hours of sample collection) from **ANY** Royal Mail post box in the UK. No stamp is required within the UK.

If you need assistance please contact The Doctors Laboratory on **020 7307 7373** or email **[samples@tdlpathology.com](mailto:samples@tdlpathology.com)**.



We would welcome feedback on your experience of using this self-collection kit to help us improve our services. To complete a short online survey please scan the code or visit:

**<https://forms.office.com/r/aPmyrFPDZF>**



REAL Digital International Limited, 2 Queensway, Croydon, Surrey, CR0 4BD, UK  
Website: [www.real-digital.co.uk](http://www.real-digital.co.uk)

**The Doctors Laboratory Limited**  
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RDI-IFU-065/V1, TAP5026C/22-01-23/V16

## Warnings and precautions

- This kit is designed for use by persons aged 18 and over and upon request of a healthcare professional or healthcare organisation.
- Please consult with a healthcare professional for guidance on sample collection processes for adolescent and younger children.
- The kit should not be used by individuals lacking the physical or mental capacity to correctly follow the self-collection instructions. If you have problems or feel unwell or lightheaded during the collection process, please pause and if necessary, consult with your advising healthcare professional.
- The Hologic transport buffer contains no substances which at their given concentration, are considered to be hazardous to health. In the case of contact with eyes, skin or mouth please and rinse thoroughly with clean water, if ingested please drink plenty of water and if any symptoms occur please consult a medical professional. In the case of spillages please wipe with absorbent paper and dispose in normal household waste. For further information please refer to safety datasheets which can be found at [www.hologic.com](http://www.hologic.com) or contact [MolecularSupport@hologic.com](mailto:MolecularSupport@hologic.com).
- Samples arriving at the laboratory which show evidence of the below may not be tested:
  - Leaking sample/no liquid present in collection tube
  - No swab inside the collection tube
  - Two or more swabs inside the collection tube
  - Swab placed upside down in the collection tube
  - More than 1 collection tube per return box
  - Different swab type/brand to the one supplied
  - General damage
- The sample collection swab has a score line, which after sampling helps the swab break at the correct position when pressure is applied to allow it to fit in the collection tube. If this score line is broken, appears damaged or the swab arrives in two broken parts, do not use and request another kit from your healthcare organisation.
- Use with caution if allergic to nylon fibre and ABS (Acrylonitrile butadiene styrene) material. If any problems arise during the sample collection process please contact your healthcare organisation.
- The accuracy of your results may be compromised if you do not read and follow the instructions in full.
- Samples arriving at the laboratory which show signs of degradation or general damage or arrive after 30 days (Aptima swab) of sample taking may not be tested.

## Materials required but not provided

- Test request form**  
This will be provided by your healthcare professional or healthcare organisation. **Please complete the request form with your details as instructed.**

Request Form

First Name \_\_\_\_\_

Surname \_\_\_\_\_

DOB \_\_\_\_\_

Sex \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_











\_\_\_\_\_

EXAMPLE

## Laboratory Tests

- The tests and procedures undertaken by The Doctors Laboratory Limited are verified and performed in line with supplier product instructions for use and supported by additional validation data for use with self-collection procedures.
- Test results are provided in line with clinically approved results pathways, agreed between The Doctors Laboratory Limited and the patients designated healthcare professional or healthcare organisation.

## KEY TO SYMBOLS

<b>IVD</b>	For <i>in vitro</i> diagnostic use		Use by end of year-month	<b>UK CA</b>	UK Conformity Assessed
<b>REF</b>	Catalogue number		Temperature limits: 4°–25°C	<b>CE</b>	EU Conformity Assessed
<b>LOT</b>	Batch code		Caution, consult accompanying documents		Do not re-use
	Biological risk. Biological sample, treat as potentially infectious		Keep away from sunlight		Consult instructions for use
	Do not use if package is damaged		Keep dry	<b>18+</b>	For use by persons aged 18 and over
	Manufacturer				