

# INSTRUCTIONS

## on how to use this DnaNudge COVID Bubble test kit

Please read these instructions carefully  
BEFORE completing your test

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### Why do we need a 'phlegm' sample?

Phlegm (sputum) comes from the lungs where there is likely to be more virus than a throat or nasal sample, therefore it is a more accurate way of testing for COVID-19. Sputum is usually thick and sticky, unlike saliva which is watery and thin.

### The night before your test

Drink plenty of water the evening before to help loosen the phlegm.



### Completing your test

Do the sample as soon as you wake up in the morning, preferably before drinking anything or having breakfast. Do not clean your teeth or use mouthwash prior to doing the test.



1 |

To start, please rinse your mouth with water and spit it out.

2 |

Take three deep breaths to loosen the phlegm, holding your breath each time for 5 seconds before breathing out.

3 |

Take another deep breath, cover your mouth, and cough hard to release the sputum into your mouth.



4 |

Spit the phlegm into the specimen pot provided. Remember that this pot is sterile and needs to remain very clean, so please do not open it until you are ready to use it. If you are unable to bring up much sputum (we ideally need a sample about the same size as your little fingernail) on the first attempt, then please try again.



5 |

Screw the lid onto the sample pot, making sure that it is tightly shut.



## Getting your sample(s) ready to send back to us

1 |

Write your full name, in block capitals, onto the label on the pot using a black or blue ballpoint pen. Please ensure that the correct name of the person giving each individual sample is written clearly on each pot being returned.



2 |

Place the tightly sealed pot into the small plastic bag (1 pot per small bag), ensuring that the bag is sealed securely using the self-seal strip at the top of the bag.



3 |

Place this bagged pot into the larger plastic bag, together with any other individually bagged pots that you are returning as part of your test 'bubble', ensuring that the absorbent pad is in place in the larger bag. Seal the large bag securely using the self-seal strip at the top.



4 |

Place the sealed large plastic bag, containing your individually bagged sample pots, into the cardboard carton your COVID Bubble test kit arrived in.



5 |

Ensure that you have included a signed consent form and a completed customer details form for each individual sample being returned.

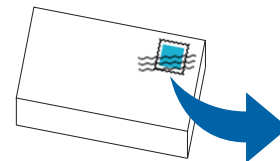


6 |

Use the handy checklist to check that everything is inside the box, before sealing the cardboard box using the self-seal strip under the flap on the box.

7 |

Post the box back to us - our address is already on the box and the postage is pre-paid.



# YOUR RESULTS

Once we receive your sample(s) the test takes just 90 minutes to produce your results. Allowing for the return post, your results should be emailed to you within 2-3 working days of posting.

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