

Self-testing for blood borne viruses

Service User information

Hello,

We recently had a chat about testing you for blood borne viruses. We have sent you this kit because you agreed to complete the test.

This means you will be tested for Hepatitis C, Hepatitis B and HIV.

For more information about these viruses, you can visit our website here:

<https://www.changegrowlive.org/advice-info/find-advice-info/health-and-wellbeing/hepatitis>

Please do not give this test to anyone else to complete.

Your test results will be sent back to us and we will contact you once we receive them. Please note, it can sometimes take up to 3 weeks for the results to come back from the lab.

Your kit contains:

A pre-filled form (with your details filled in)

2 x alcohol wipes

2 x plasters

Collection card with your details written on the front

2 x lancets (needles)

1 x silica gel - **important** - this silica gel needs to be sent back with the sample, it will help the drying process

We recommend you watch our video which shows you how to complete the test.

To watch the video, follow the link below or use the camera app on a smart phone to use the QR code.

https://youtu.be/fQaHCOv_-I4



If you cannot watch the video above, please read the instructions included on the next page carefully before you complete the test.

Your worker or a local staff member can phone you and talk you through completing the test if you need any help.

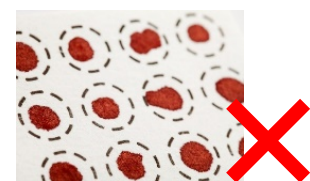
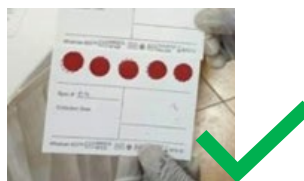
For help, support, or information please call your local service on:

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How to complete the test

- Choose a clean, safe surface to perform the test (ideally near a sink for hygiene) and lay out the contents of your kit
- Complete the date and approximate time on the top of the form
- Get the kit ready to use; open an alcohol wipe, a plaster, and open the collection card ready to use but avoid touching the printed circles
- Clean your hands. If you can, wash them in warm water
- Choose the finger you would like to use for the test – we recommend using the hand you use less (e.g. the hand that you do not write with). If you cannot wash your hands in water, clean the finger you have chosen with an alcohol wipe. However – we do not recommend this if you are on medication that thins your blood, or if you are allergic to alcohol.
- Unscrew the cap off 1 lancet
- Press the lancet on the side of your fingertip until you hear and feel a click
- Completely fill all spots on the card by dripping blood on them - try not to touch the card with your fingers. **Make sure the spots are completely full.**



- If your finger stops bleeding try rubbing the finger to encourage blood flow, or use the second lancet
- When you have filled in all the spots on the card, wash your hands and apply the plaster
- Leave the card to dry for 30 minutes.

How to return the test

- Once the card is dry, tuck the cover into the card
- Put the card in the clear bag attached to the form. **IMPORTANT** – make sure the silica gel is in the same clear bag as your card. Peel away the sticker and seal the bag
- Replace the cap on the lancets and dispose of them in any general waste bin
- Place the test and the form in the envelope provided, seal and post in any postbox. You don't need to pay for postage as it's already paid for.

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