

Lateral Flow Testing (LFD Testing)

Step-by-Step Guide for Hughes Healthcare tests

Lateral Flow test should be stored at room temperature and not in direct sunlight

Equipment



Extraction tube with lid attached



Rapid test strip



Swab, inside sealed wrapper



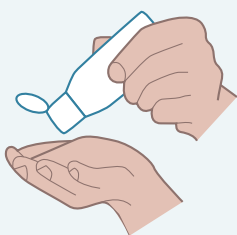
You will also need a small cup (like an egg cup) to keep your extraction tube upright



A timer

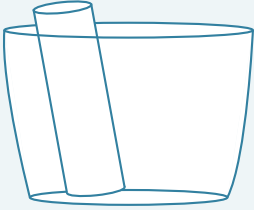
Please note that the test must be completed in the morning. You should blow your nose before taking this test.

STEP 1



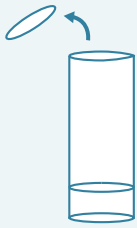
Apply hand sanitiser. Clean and prepare a flat surface.

STEP 2



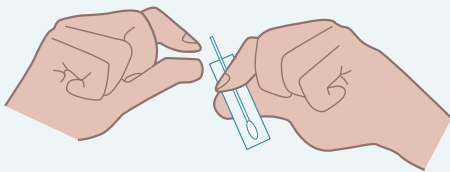
Insert the extraction tube into a small cup or the hole in the box.

STEP 3



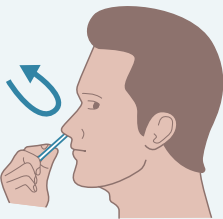
Remove the foil lid from the top of the tube.

STEP 4



Take swab out of packet, keeping the cotton bud end clean.

STEP 5



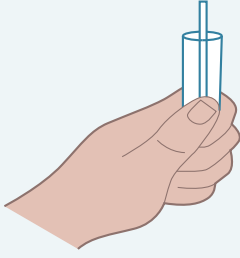
Insert swab 1.5cm - 2.5cm into nostril.
Roll around both nostrils **5 times** slowly

STEP 6



Insert swab into bottom of extraction tube. Rotate it in the fluid for 30 seconds while squeezing the base of the tube gently.

STEP 7



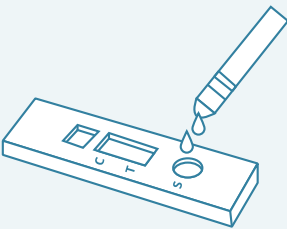
Remove the swab whilst squeezing the tube.

STEP 8



Secure the attached nozzle to the top of the tube firmly.

STEP 9



Turn tube vertically and squeeze **4 drops** into specimen well labelled 'S'

STEP 10



Leave on flat surface for 15 minutes. **It is important not to read the results before 15 minutes or after 30 minutes. Set a timer.**

Reading your results

C



Positive Result

Two lines - even faint lines - indicate the test is positive

T

C



Negative Result

No T 'test' line indicates the test is negative

T

C



Invalid Result

No 'C' line indicates the test has failed and should be retaken

T



If your result is positive, please phone the clinical helpline on 01481 220001 or 01481 220002. You and your household should start self-isolating immediately as per public health advice.



States of Guernsey
Public Health Services