

# Lateral Flow Testing (LFD Testing)

Step-by-Step Guide for Siemens 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



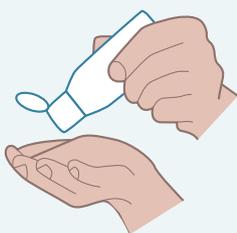
You will also need a small cup (like an egg cup) to keep your extraction tube upright



A timer

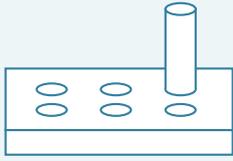
Please note that the test must be completed in the morning. You should blow your nose before taking this test.

## STEP 1



Apply hand sanitiser. Clean and prepare a flat surface.

## STEP 2



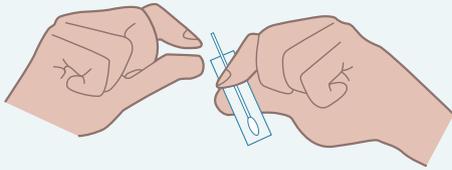
Insert the tube into the workstation (pierce a hole in the box as indicated)

## STEP 3



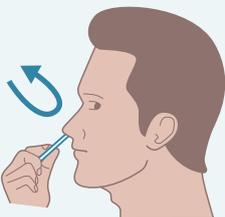
Remove the foil lid from the top of the tube.

## STEP 4



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

## STEP 5



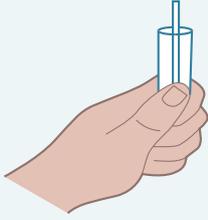
Insert swab 2-4cm into nostril. Roll around **both** nostrils 5 times slowly

## STEP 6



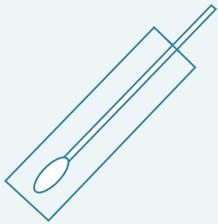
Insert swab into bottom of extraction tube. Mix well by rolling the swab at least **6 times** while pressing the head of the swab against the bottom and side of the tube.

## STEP 7



Start timer - leave the swab in the tube for **1 minute** then squeeze gently several times from the outside.

## STEP 8



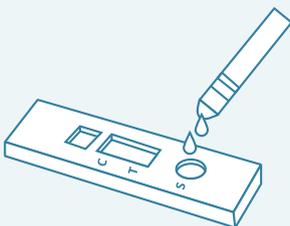
Remove the swab and place back into packet

## STEP 9



Push the tip provided into the tube and ensure it fits tightly.

## STEP 10



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

## STEP 10



Leave on flat surface for **15 minutes**. It is **important to read the results at 15 minutes**. **Set a timer.**

## Reading your results

C



T

### Positive Result

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

C



T

### Negative Result

No T 'test' line indicates the test is negative

C



T

### Invalid Result

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



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.

