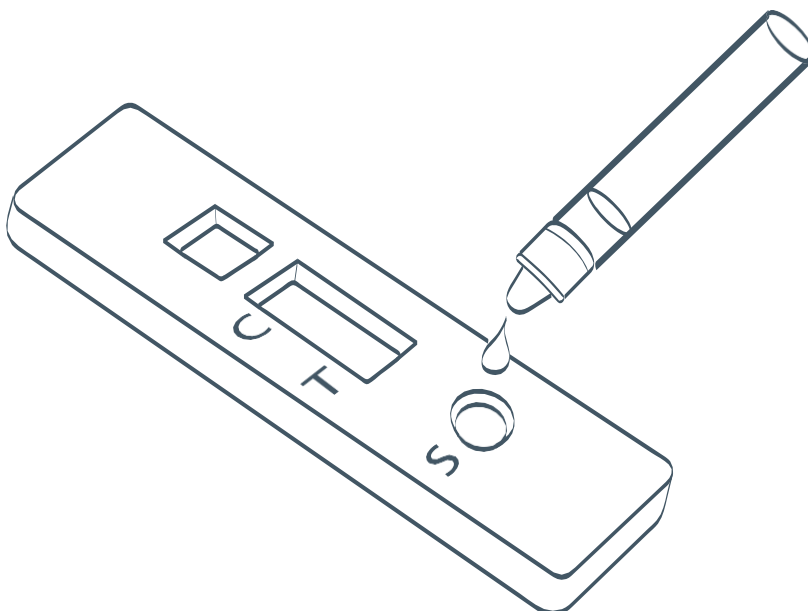


A guide for healthcare staff self-testing for coronavirus using a Lateral Flow Device (LFD)

Amended for use at the
**Royal Devon and Exeter NHS
Foundation Hospital** (V5 19/03/2021)



Before you start

This test is part of the government's response to the COVID pandemic and its commitment to controlling infection and supporting our healthcare staff. Please follow this information leaflet that has been specifically designed to support this, rather than the technical instructions that are included in the box from the original manufacturer.

Details on recording your result for staff at The Royal Devon and Exeter Hospital are also included

Overview

This test is for ASYMPTOMATIC SCREENING only (no symptoms).
This test is a Lateral Flow Test (detects antigen)

If you have symptoms, you need a PCR test (detects viral RNA). Inform your line manager or contact the HR Absence Hub on 01392 406960 or rde-tr.covid19hrabsencehub@nhs.net to arrange a test. If out of hours you can use the Self-Swabbing available on site. More details are available here

<https://hub.exe.nhs.uk/a-z/newsroom/news-archive-2021/covid-symptoms-what-they-are-and-what-to-do/>

Here is a quick check-list for how to use the COVID-19 LFD tests. It is really important that you follow these steps in the correct order. Please remember that these tests are only for you.

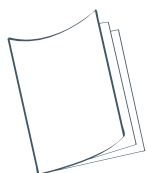
You should test yourself twice a week, every 3 to 4 days, to fit your shift pattern – for example, every Monday and Thursday or Wednesday and Sunday.

- Prepare your test area and unpack your equipment
- Take your swab sample (nasal swab only)
- Process your sample and wait 30 minutes
- Read your result
- Report your result
- Safely dispose of test equipment

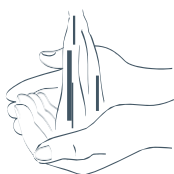
Remember, store the test kit at room temperature – not in direct sunlight and not in a fridge or freezer. Keep the test kit away from children.

Before you start

Watch the demonstration video of how to take the test:
<https://learninghub.nhs.uk/self-swab>



Read these instructions carefully. Taking the test may feel a little uncomfortable and unusual for most people.



Wash your hands thoroughly for 20 seconds, using soap and warm water. This is so that you do not contaminate the test kit. Now dry your hands.



Clean and dry a flat surface, where you will take the test. Unpack the sealed test equipment for one test and place onto the clean flat surface.

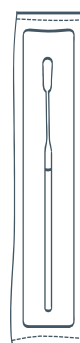
Check your contents. Ensure that the test device (called ‘antigen test cartridge’), swab and extraction solution are not damaged, broken or out of date. Use the test kit checklist to make sure you have everything. Use a clean one inch deep lid or other small container (e.g. clean egg cup) to keep the extraction tube upright and prevent spillage.



☐ Nozzle cap



☐ Extraction buffer bottle



☐ Swab, inside sealed wrapper



☐ Extraction tube



☐ Rapid test strip

Something damaged/broken/missing? If you have difficulties using the kit, if something breaks or is damaged in use or if you have concerns about the performance of the test, report these issues to rde-tr.covid-testinghub@nhs.net. Any problems or concerns with this device can also be reported to MHRA <https://coronavirus-yellowcard.mhra.gov.uk/about>

Prepare your test

1



Gently blow your nose into a tissue to get rid of excess mucus.

2



Wash and dry your hands again (or use sanitiser if this is available).

3



Soft tip Handle

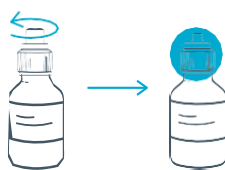
Check the swab in the sealed wrapper in front of you. Identify the soft, fabric tip of the swab.

4



Place the extraction tube in a small cup to keep it upright.

5



Unscrew the extraction buffer pot. Please note this technique **insert video here**

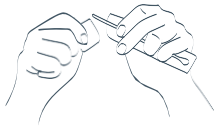
6



Place 6 drops only of the extraction buffer into the extraction tube. Try to avoid touching the tube with the bottle. Reseal the extraction buffer for future use.

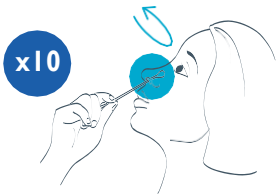
Take your swab sample

7



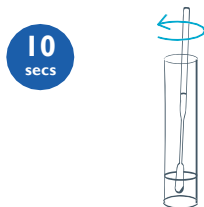
Open the package and gently take out the swab.
Do not touch the cloth-end of the swab.

8



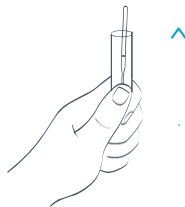
Put the swab gently into one nostril, you may feel a slight resistance (insert about 1.5cm or about half an inch). Roll the swab 10 times slowly along the inside of the nostril. Remove the swab and repeat 10 times in the other nostril.

9



Now put the fabric end of the swab into the bottom of the extraction tube. Press the swab head against the edge of the tube with force, while rotating the swab around the tube for 10 seconds to squeeze as much fluid out as possible.

10



Take out the swab while squeezing the tube and fabric end of the swab. Place the swab back into the wrapper and dispose of it at home in your household rubbish bin.

11



Press the nozzle cap tightly on to the tube to avoid any leaks.

12



Specimen well

Turn the tube upside down and lightly squeeze two drops onto the specimen well.

13



Place the Rapid Test Strip on a flat surface for 30 minutes. Set a clock, timer, or watch and wait 30 minutes to read the results. Do not read your results until the 30 minute mark.

Reading your results

Leave your test for the full development time to get an accurate result. Do not read your results until **30 minutes**. If the test device is left to develop longer you may receive a false positive result and you will need to repeat the test.

C – control line

T – test line



Positive result

Two lines – even faint lines – indicate the test is positive.



Negative result

This indicates the test is negative.

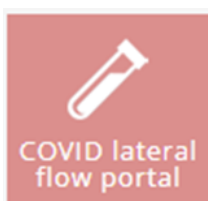


Invalid result

The test has failed and should be retaken.

Reporting your results

Record your result on the [Portal](#), via the Hub homepage or QR code.



No nhs email account? Use QR code on right or access the portal on HUB and select the non nhs email option



You need to input the test date and time, result, lot number of the test (this is on the outside of the box and the same for all the swabs in that pack) and area of work. If you have your NHS number available then also record this.



If your test result is positive.

Do NOT go to work. If you are at work replace face mask, gel hands, wipe down surfaces in the room, inform the ward manager and go straight HOME.

Inform your line manager so she/he can cover your shifts.

Report the result via the Covid lateral flow portal. This will automatically notify the Staff Absence Hub who will contact you to arrange a PCR test. You will also be asked (not mandatory) to take a saliva sample which we will test for COVID using a the LAMP method. Until the results of this are known, you and your household must self-isolate according to HM Government Guidelines and await further advice from Occupational Health.

If you have concerns about using the portal or have not been contacted to arrange a further test then contact the Staff Absence Helpline on 01392 406960

If your test result is negative: Record the result through the staff portal. Go to work as normal.

If your test result is invalid: Record the result through the staff portal. Repeat the test with a new test kit.

If your PCR test is positive DO NOT do any self-test using the LFD for 90 days from the date you became positive.

Disposing of your test

Carefully dispose of the test device and equipment in your household rubbish.

Disposal advice may be subject to change based upon future waste disposal guidance.

Need more help?

If you need more help using the LFD test kit, watch the video:

<https://learninghub.nhs.uk/self-swab>

Download the Frequently Asked Questions document [need link to national FAQ document](#)

If you still need help please speak to your line manager or contact the covid testing hub via email: rde-tr.covid-testinghub@nhs.net

Coronavirus guidance and help: If you have coronavirus (COVID-19) symptoms or have contracted coronavirus (COVID-19), please refer to NHS guidance online nhs.uk/conditions/coronavirus-COVID-19

If you have symptoms of coronavirus (COVID-19) and your condition gets worse, or you do not get better after 7 days, use the NHS 111 online coronavirus service, 111.nhs.uk. If you do not have internet access, call NHS 111. For a medical emergency dial 999.

Do not delay getting help if you are worried. Trust your instincts.

We are working with NHS Test and Trace to collect safety and performance data during the roll out of COVID-19 testing initiatives. Problems with this device can be reported directly to MHRA <https://coronavirus-yellowcard.mhra.gov.uk/>