

Lateral Flow Testing (LFD Testing)

Step-by-Step Guide

Equipment



Extraction tube with lid attached



Extraction buffer bottle



Rapid test strip



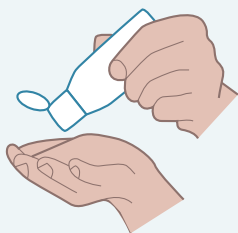
Swab, inside sealed wrapper



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

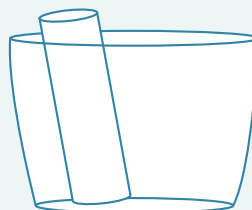
Please note that the test must be completed in the morning

STEP 1



Apply hand sanitiser. Clean and prepare a flat surface.

STEP 2



Place extraction tube in small cup (e.g. egg cup)

STEP 3



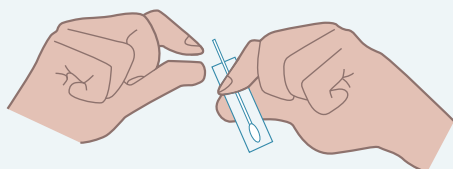
Unscrew **small** top of extraction buffer pot

STEP 4



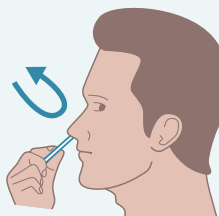
Place **6 drops** of extraction buffer into extraction tube. Avoid touching tube with the bottle. Reseal the bottle.

STEP 5



Take swab out of packet

STEP 6



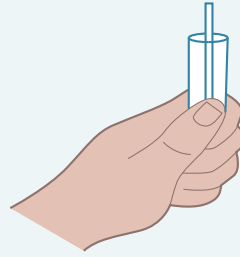
Insert swab 1.5cm into nostril. Roll around **both** nostrils 10 times slowly

STEP 7



Insert swab into bottom of extraction tube. Squeeze tube gently with swab head pressed against edge of tube. Rotate swab for 10 seconds

STEP 8



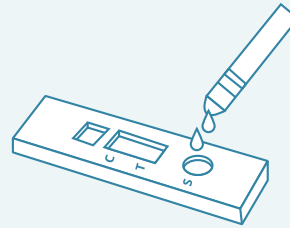
Take swab out while squeezing tube.

STEP 9



Press nozzle cap on tube.

STEP 10



Turn tube upside down and squeeze **2 drops** into specimen well labelled 'S'

STEP 11



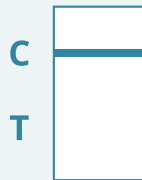
Leave on flat surface for **30 minutes**. Do not read results before or after 30 minutes as this may give an inaccurate result. Set a timer.

Reading your results



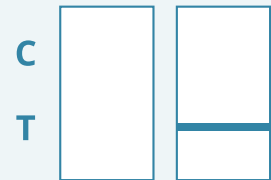
Positive Result

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



Negative Result

No 'T' test' line indicates the test is negative



Invalid Result

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



States of Guernsey
Public Health Services

If your result is positive, please phone the clinical helpline on 01481 756938. You and your household should start self-isolating immediately as per public health advice.