Sample collection contents

- Instructions for Use (this leaflet)
- Swab in sealed packaging
- Swab collection tube containing a small volume of liquid - ensure the liquid stays in the tube at all times
- Biohazard bag with absorbent pad
- Returns envelope

Before you get started

- The sample should be collected on the same day as it will be shipped.
- You will need internet access to register the barcode on your swab collection tube.
- If you do not register your barcode, we will be unable to process your results.

Instructions

Step 1
Register your kit online at www.chronomics.com/register and enter the barcode found on your swab collection tube. Take a picture or note down your barcode in case of any issues.

Step 2
Gently blow your nose and cough into a tissue. This is so that excess mucus does not interfere with the test.

Step 3
Wash and dry your hands before touching the rest of the kit components.

Step 4
Open the swab package carefully and remove the swab. Make sure the fabric tip of the swab does not touch any other surfaces including your skin or elsewhere in your mouth. This can lead to contamination and interfere with processing your sample. The same swab will be used for both tonsils and nose sampling.

Step 5
Use a mirror (and torch if necessary) to locate your tonsils, or where they would have been if they were removed, at the back of your throat.

Step 6
Holding the swab in your hand, open the mouth wide and gently rub the swab over both tonsils at the back of the throat for 10 seconds (each tonsil for 5 seconds). If your tonsils have been removed, please swab the area your tonsils were prior to removal. Remove the swab from your mouth, taking care not to touch with the tip anywhere else.

Step 7
Put the same tip of the same swab gently into the nostril about 2.5 cm (1 inch) or until you feel some resistance. Rotate the swab for 10-15 seconds and slowly remove it. You only need to sample one nostril. If you have a piercing use the other nostril. This process may be slightly uncomfortable, but it should not be painful. If you feel any pain do not insert the swab any deeper.

Step 8
Remove the cap of the tube containing the liquid. Take extra care not to spill or splash the liquid. Put the swab into the vial with the fabric tip facing down, so it submerges in the liquid. While you hold the tube, snap off the top of the swab shaft so it can sit inside the tube without bending or stopping the cap from closing.

Step 9
Securely screw the cap onto the tube so that no liquid can leak and the tube is sealed shut. Please make sure that the tube is tightly shut, otherwise the sample could leak and we won’t be able to process it. If any of the liquid comes into contact with your skin or eyes during this process, wash immediately.
Wash and dry hands again before packaging your sample.

Place the tube into the biohazard bag that contains the absorbent pad and seal shut.

Place the biohazard bag with the sample back into the original cardboard box.

Insert the cardboard box into the returns envelope. Please keep the sample at room temperature.

Your sample is ready to be returned. More information on how to return your sample is provided during the online registration at chronomics.com/register.

Checklist before sending back
Before posting your sample, please check the following:

☐ You have correctly registered your kit at chronomics.com/register

Returning the sample
- Please return your sample by following the instructions provided as part of the registration flow in chronomics.com/register or following the information provided via email.

Warnings and precautions
- You must read these entire instructions carefully before starting to collect your swab sample. Failure to follow the sampling procedure could lead to an invalid sample that cannot be tested.
- Do not use the kit if any of the components are damaged or missing. If you have any concerns please contact us at: support@chronomics.com or 0208 146 0960.
- Do not touch or drink the liquid inside the sample collection tube. Do not allow it to come into contact with your skin, your eyes or any external surface. The liquid must remain at all times inside the tube.
- If the solution makes contact with your skin, immediately wash your skin with soap and warm water.
- If the solution gets into your eyes, immediately wash them with water.
- If you experience any symptoms after contact with the liquid, seek medical help immediately.
- If the liquid inside the sample collection kit is spilled, clean it using gloves and absorbent tissue. Do NOT use bleach or products containing bleach to clean the spill.
- Take care with sharp edges after breaking off the swab shaft. Discard excess material appropriately.
- Children 11 and under should only be tested by an adult. Teenagers between 12 and 17 should only perform this self-collection under adult supervision.
- Do not use this kit if you are allergic to any of the components, including the flocked nylon fiber in the swab.

Label legend
Made in the UK. Chronomics Limited, 1 St James Court, Norfolk, NR3 1RU, UK. https://www.chronomics.com/ support@chronomics.com

C1SCK01000, C1SCK01100
Store at 15-25° and keep away from direct sunlight.
Always consult package instructions.
For In Vitro Diagnostic Use.
Caution
Sterile (Gamma)

Single use only.
Do not use if packaging is damaged

If you have any issues, or you need help at any time, please contact us at support@chronomics.com