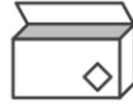


SELF-SAMPLING INSTRUCTIONS



1

Before using the test, fill out the electronic test order form available on the GARGTEST website.



2

Carefully open the box and remove all contents. Do not damage the box as it will be used for transport your sample back to the laboratory or collection point.



3

Fill tap water in the enclosed measuring cup to the 5 ml line.



4

Take a deep breath and cough. This will increase the possibility of infection detection in the lower respiratory tract.



5

Pour the contents of the measuring cup into your mouth - do not swallow! If you accidentally swallow it doesn't matter and repeat the procedure from step 3.



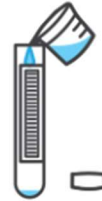
6

Gargle from 20 to 30 seconds. You can gargle intermittently. However, keep total recommended minimal gargling time.



7

Spit the contents of your mouth into the measuring cup.



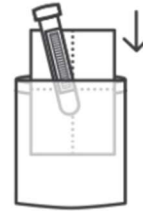
8

Carefully pour the liquid contents into the enclosed plastic transport tube. The tube contains stabilizing powder which you must not spill.



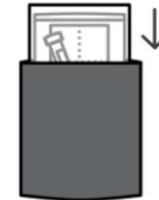
9

Close the tube carefully and shake. Write your name and date of birth (foreigners only) on the label.



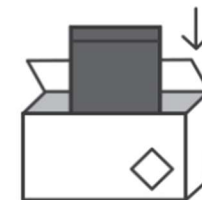
10

Very carefully close the transport tube and shake it slightly. Write your name and birth number on the label. For foreigners: Write your day of birth on the label.



11

Place the packaged tube with the absorbent pad into the larger bag and seal it.



12

Place the tube in a sealed outer bag in the undamaged box and then close it. Take the box to a sampling point, a collection point, your physician, or laboratory.