

## Covid-19 Self-swab Lateral Flow Test Instructions

- 1 Carry out your test on the date/time you require. If you are due to travel, check the criteria of your destination.
- 2 Note down your order number (in confirmation email on purchase) and your passport number. You will need them during registration.
- 3 Clean the area where you will do your test and wash your hands.
- 4 Complete your test according to the instructions in the pack. instructions can also be found via the QR codes below.
- 5 Wait 15 minutes before reading your result.
- 6 Register your result as soon as it is ready. Use the link below - it is easiest to use a mobile phone. Ensure all photos that are uploaded are in focus.
- 7 After completion, take ANOTHER photograph of your completed lateral flow test with your phone for your own records.
- 8 You will receive your result certificate and travel document if appropriate via email within a few hours.

### HOW TO DO YOUR TEST



LEAFLET



VIDEO

### REGISTER YOUR TEST



[montagueclinic.com/validate-your-lateral-flow-result/](https://montagueclinic.com/validate-your-lateral-flow-result/)