

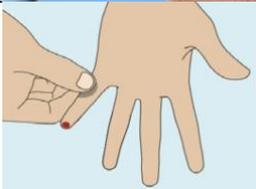
November 2020

Information for Patients Requesting Covid Testing

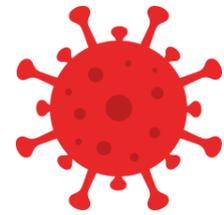
Cambridge Private Doctors has been involved in helping patients obtain Covid tests since June of this year. It is a complicated matter, and this advice leaflet is written to help people work out how the system works.

We can offer Self Collection Kits to use at home to detect the presence of active infection, or to detect for the presence of antibodies.

We can offer clinic appointments for patients needing a swab test that must be taken by a health care professional or for a blood test by venepuncture

Home test Kits for detection of virus	 A close-up photograph showing a person's nose being swabbed with a white cotton swab that has a red tip. A hand in a blue glove is holding the swab.	£ 163
Home test Kits to detect antibodies	 An illustration of a hand with a small red dot on the index finger, representing a finger prick blood test.	£89
Clinic Test for detection of virus	 A close-up photograph showing a person's nose being swabbed with a white cotton swab that has a red tip. A hand in a blue glove is holding the swab.	£163
Clinic test to detect antibodies	 A photograph showing a person's arm being prepared for a blood test. A hand in a blue glove is holding a small vial and a needle.	£108.50

Information for Patients Requesting Covid PCR Testing



Prior to Flights

At present we are getting the results back in 24 hours.

We provide certificate which includes the details of the accreditation of the labs. We have done many of these and the only problem is when passengers leave it until the last minute. It is worth noting the exact requirements of the airline before we go ahead. There should be no problem in us getting this done for you and you might just like to get in contact a week or so before so we can book you in.

We are afraid this is not a cheap test and we have done all we can to get the cost down. We think we are amongst the lowest priced provider (but not lowest quality of course!)

The cost is £163

Please complete the questionnaire via the link in the document if you wish to proceed

- Then importantly let us know you have completed the [questionnaire](#), by emailing us at enquiries@cambridgeprivatedoctors.co.uk
- Also you must complete a questionnaire for each member of your party
- At this point we will contact you again and organise the tests.

Link to questionnaire

<https://questionnaire.heydoc.co.uk/609c41d64c578dbe39e957097afe1aa4de2e4ca9>

We suggest that you take the completed kits directly to the labs in Little Chesterford - 10/15 minutes from Cambridge, after the swab rather than risk delivering by post if the sample is time dependant

After the sample is taken, it is sent to **Oncologica® UK Ltd** who are fully accredited bio-medical laboratories, as used in the NHS by Public Health England. **Oncologica UK Ltd** is situated about ten miles south of Cambridge. The laboratory aims to get every test analysed within 24 hours of receiving the sample.

Our swabs are processed by an excellent laboratory, Oncologica Ltd. Oncologica have UKAS (9376) for ISO15189 accreditation and have USA CLIA-FDA accreditation. They are also approved by the UK Dept. of Health and Social Security to carry out Covid-19 testing on their behalf. They process thousands of COVID samples for the NHS on a daily basis.

Oncologica moved premises (old labs to brand new state of the art labs) on the same research site. The UKAS accreditation needs to be confirmed to the new address.

UKAS accreditation needs to be reinstated to the new address and we expect this week starting 23rd November. For the time being we have removed this accreditation status from our certificates.

The USA CLIA accreditation is internationally recognised, and our enquiries so far suggest this will or should be accepted by all airlines and border controls. The UK NHS approval is also accepted by many authorities. We hope to be able to reinstate UKAS accreditation on our certificates within the week. The UKAS accreditation will reappear on certificates as soon as possible. Very few countries who seem to insist upon the UKAS accreditation per se.

Cambridge Private Doctors provides a technical testing service using accredited laboratories. We cannot know the requirements of all the various airlines and border controls; this has to remain the responsibility of the traveller to establish the requirements for their particular journey(s). If you have already committed to have this test with Cambridge Private Doctors, we can reassure you as to the quality of the laboratory and the other accreditations. Oncologica inform us their remaining credentials are sufficient for international travel and will be available to confirm this to individuals or authorities at airports.

Once your result processed you will receive:

- A copy of the certificate
- A covering letter from us
- A covering letter from the laboratories regarding quality and accreditation

There are two ways in which we can help you with the testing

- **Method A: By home collection of a sample.** In this situation, we register your request; we arrange for a test kit (swab) to be sent to your home or for you to collect a test kit directly from us. You then take your own swab test and following the simple instructions replacing your sample in the package provided, and returning it to the lab either by post, courier or by driving it directly there if time-critical.
- **Method B: By seeing you in person** and one of our doctors will take the swab from you. We will then send the samples to the labs by courier, but you have the option to deliver it personally, or if it is not time-critical the sample can go by post.
- **If you wish to post the sample, we will enclose a “track 24” Royal Mail prepaid label**

From 4th July all tests will have to be posted into the new **NHS priority post boxes**
In addition, they must be tracked 24

NHS priority post boxes – there are 30,000 of these around the country
<https://www.royalmail.com/priority-postboxes>

You can search for the closest one to you here:
<https://www.royalmail.com/services-near-you#/>



We either see you at our branch surgery (>18 years only) - CB22 5LD

Or we can see you at one of the Doctors Home addresses – central Cambridge or Babraham

There are many reasons why people request these tests.

- **Work or Business or Other Third parties** – require a test to be carried out before that person can reattend their place of work. These are not usually time-limited, and Cambridge Private Doctors can always help. Use Method A.
- **Travel** – many airlines, port authorities and overseas accommodation require a ‘certificate’ to show the person does not have Covid. Some airlines require the test to be taken with 72 hours of travel; others require 96 hours. Some airlines stipulate this is measured from the hours before departure; some stipulate this is hours prior to arrival. Some authorities work on the time and date the sample was processed. It is critical for us at Cambridge Private Doctors that we know **EXACTLY** the requirements of the authority you are providing this certificate for. The ‘certificate’ you receive from us is a PDF sent electronically that states the result of the test and bears the logo, address and accreditation of the laboratory. You will also need to find out if the authority will accept a home collection sample or if they insist the sample is taken by a health professional. **It is our experience that relying on the postal service to deliver time dependant samples before a flight is very risky indeed. Therefore, it would be the exception doing this - as opposed to you taking the sample to the laboratory yourself, and would be very much at your own risk**
- **Social or Personal Reasons** – many people who feel quite well decide they would like a Covid antigen test, for example, if they have been in a crowded place or near someone who has had proven Covid. These are not time-critical and can be done via **Method A**.
- **Medical – If you are concerned you may have active Covid you are advised to contact the NHS via your GPs or by ringing 111.**



If you have any concerns, please view the NHS web site

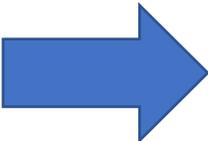
<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Some people find the testing centres are impossible to reach; in this case, we can arrange for you to receive a home collection testing kit. We regret we cannot see patients who are likely to be infected or are suffering acute Covid like symptoms. If you think you have Covid the ideal time to take the sample is between day two and day five after developing symptoms. **Method A**.

We are available by email and phone to help organise these tests.

enquiries@cambridgeprivatedoctors.co.uk

If you would like to go ahead with a test, please complete the following questionnaire for each member of your party.



Please let us know when you have completed it – we will then get back to as soon as possible

<https://questionnaire.heydoc.co.uk/609c41d64c578dbe39e957097afe1aa4de2e4ca9>

How to take a home swab for Covid PCR

You will receive a kit and a padded envelope compliant with government regulations for posting samples

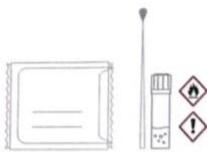
You either then take the kit direct to the labs or we will provide you with a TRACK 24 prepaid envelope

Oncologica
Suite 2, The Newnham Building
Chesterford Research Park
Little Chesterford
Essex CB10 1XL

Important

The test kits themselves are very expensive and it is very time-consuming arranging tests for patients.

- **You will be invoiced in advance for the test and appointments will be confirmed/kits sent out once the invoice is settled**
- **If you cancel a test subsequently, we will reimburse you £110 per cancelled test**
- **If you cancel a kit that we have posted to you, we will reimburse you £50 per cancelled test (we will not be able to reuse the Kits)**



IMPORTANT !!! SAFETY ADVICE FOR THE TUBE LIQUID

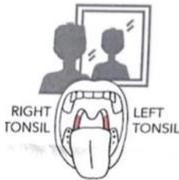
Please note the following safety advice for the liquid contained in the tube: Do not swallow. **If swallowed** wash out mouth with water and call a poison center or a doctor. If in **contact with skin**, rinse with water and wash with soap and water. Seek medical attention if irritation persists. If in **contact with eyes**, flush with water and seek medical advice. **If inhaled**, move individual to fresh air and seek medical attention.

READ HERE BEFORE STARTING

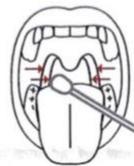
To test for coronavirus (SARS-CoV-2) we need two samples, one from the back of your throat and then from inside the nose with the **same swab**. The polythene bag supplied to you consists of a sealed pack containing a swab and a tube.

Please wash your hands carefully before you start. Then unpack the kit onto a clean surface.

1 Take the throat sample



A Stand in front of a mirror, open your mouth wide and stick your tongue out. You will see at the back of the throat there is a hanging bell like structure called the uvula in the centre. To the left and right are arches which contain the tonsils. These are the two areas that need to be swabbed.



B Take the **swab** and place the soft tip of the swab in the back of the throat. Rub the swab on the right side of your throat **5 times** (the right arch which contains the right tonsil) **if this is done properly you will gag**. Then move the swab to the other side and rub against the left side of your throat **5 times** (left arch and tonsil). Again if done properly this will make you gag.

2 Take the nose sample

Please avoid touching the cotton bud with your hands (before or after the swabbing)



A Take the **same swab** out of your mouth and place the soft tip inside one of your nostrils. Insert it until you feel resistance. Once inside, rotate 5 times.

Then transfer the swab to the other nostril and again wipe around the inside of your nose **5 times**.

This may bring some tears to your eyes.



B Once you have taken the swab, unscrew the cap off the tube. Make sure you keep it upright because it contains preservative fluid. Place the soft tip of the swab into the tube. About half way up the swab you will see a **break-point**. **Snap the swab at this location** which will then allow you to screw the cap back on.

3 Pack the samples

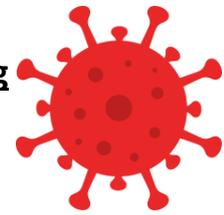


A Write the date the sample was taken on the outside of the small collection tube containing the swab.



B Place the tube into the plastic container and press it shut. Put the container back into the plastic bag and press to seal. Then either put into the prepaid bag with the track 24 label to post. Or, put in the bag and take to the lab, depending on your previous instructions from us.

Information for Patients Requesting Covid Antibody Testing



An antibody test can tell you if it's likely you've had coronavirus before.

But it does not work for everyone, as some people who've had the virus do not have antibodies.

An antibody test does not tell you:

- if you're immune to coronavirus
- if you can or cannot spread the virus to other people

If you think you have had COVID please wait 21 days after recovery before you take the test or 28 days if you have had contact with someone who has COVID symptoms.

We will send you a Home test Kit:

The Kit

- CE marked IVD for COVID
- MHRA approved
- Track24 Response mailer/label included
- CE marked **Roche assay (Total IgG/IgM)** [TDL code **TCOV**]
- Samples can be posted to the laboratory through any Royal Mail post box.
- Sample taking instructions are enclosed (see below)

The test

The antibody test is the **ROCHE Total IgG/IgM assay** and is CE marked for capillary testing.

The cost is £89

Using the home testing kit for Covid antibodies

MedDX Solutions COVID-19 BLOOD COLLECTION KIT

A capillary blood self-sampling test kit used in the detection of antibodies to SARS-CoV-2 virus

This test kit contains the materials required to collect a capillary blood sample and send it by post to the designated testing laboratory.

IVD For in vitro diagnostic use, sample self-collection

REF K12726

CE

Caution: Read the enclosed instruction leaflet before use

Important: Do not use kit if security seal is broken. Keep out of reach of children

Do not re-use

For use by persons aged 18 and over

Sample collection instructions (Steps 1-17)

Please ensure confirm the kit is within expiry date and read these instructions first slowly and carefully, the whole way through before attempting to collect your sample.

If you need assistance please contact The Doctors Laboratory on 020 7307 7373 or email samples@tdlpathology.com.

Your sample collection kit contents

Please check that your kit contains all of the items outlined below. Your kit contains one blood collection tube only. Do not proceed with sample taking if any items are missing and only use on a clean surface. Contact the phone number or email address above for assistance.

IMPORTANT! The BLUE lancet activates on contact when positioned and pressed against the skin. Lancets are for single use only.

Moist Wipe

Moist wipe (x2), cc

Alcohol Swab

Alcohol swab (x2), cc

Plaster (x2), cc

Lancet (contact activated) (x2), cc

Alcohol swab (x2), cc

IMPORTANT! The blood collection tube case has been designed to provide a stable way of holding the blood collection tube whilst a sample is taken. Please insert the tube as shown above and remove the cap and put it to one side whilst you take your sample.

UN3373 BIOLOGICAL SUBSTANCE, CATEGORY B

BLOOD collection tube label

Postal envelope

1 If not already pre-populated please complete the request form provided by your doctor/clinic, separate to this kit.

2 Clearly complete the blood collection tube label using a ball point pen with:

- Your Surname
- Your First Name
- Your Date of birth
- Date of Sample Collection

Do not affix it to the tube at this stage.

3 IMPORTANT SAMPLE TRACKING INFORMATION!

The enclosed postal envelope has a postal tracking label applied. Please make a note of the unique tracking number displayed under the barcode on the postal tracking label, as shown below. Keep this in a safe place for future reference. You can track delivery of your Royal Mail parcel by entering this number using the following link: <http://www.royalmail.com/track-your-item>

Write your tracking number here for reference - keep this safe.

4 Take the blood collection tube out of the case and insert the tube as shown. Remove the cap and put it to one side whilst you take your sample.

5 The best location for collecting a finger prick sample is from the side of your middle or ring finger (see attached sheet). Open the pack of lancets.

6 Wash your hands in warm soapy water. It is much easier to collect your sample if your hands are warm. Dry them thoroughly with a clean, dry towel.

7 Using the Alcohol Swab clean the selected finger. Wipe dry with a clean tissue. Be sure your finger is completely dry as blood will not form a drop at the puncture site of a moist finger.

8 Remove one lancet from the bag. Twist and remove the blue stick. The lancet is ready to use.

9 Sit down when collecting your blood drop. Position the lancet against the side of your chosen finger. The lancet will activate in one step only when positioned and pressed FIRMLY against the skin until a click is heard. Should you need to repeat the process to help obtain enough blood use one of the remaining lancets.

10 This will puncture the skin and a small drop of blood will form. Wipe away the first drop of blood with a tissue.

11 Holding your hand flat downwards, firmly massage your hand down to your finger to encourage blood flow.

12 Take your finger with the other hand and gently milk your hand and finger to help the blood drop into the blood collection tube as shown.

13 Fill the blood collection tube to the upper line on the side of the tube. NB: If you are unable to collect enough blood use the second lancet on a middle or ring finger on the other hand. Alternatively, by wiping the finger you have been using with a dry tissue. Plasma for 5-10 seconds and blood drops are likely to reform, and you can then start collecting again.

14 Once you have filled up to the TOP FILL LINE - or even just over - stop collecting, clean the finger with a moist wipe and apply the supplied spot plaster to stop the bleeding. Then push on the cap of the blood collection tube accurately until you hear an audible click to confirm closure.

15 Once you have replaced the cap, gently invert the collection tube 5 to 10 times.

16 Make sure your tube is labelled with your details using the blood collection tube label supplied. This is very important as unlabelled samples cannot be accepted. Affix the label by placing the tube in the middle of the label and wrapping the label around the tube, as shown below. Place this collection tube back into the clear case provided.

17 IMPORTANT CHECKLIST

Before you return your sample please do the following:

- Place blood collection tube and any used and/or spare lancets back into the protective case and firmly close
- Place the sealed case into the cardboard box
- Tear off stick seal on underside of cardboard box lid and close box
- Check that you have taken note of your postal tracking number
- Place your completed request form supplied by your doctor/clinic into the postal envelope
- Place the sealed cardboard box into postal envelope

You are now ready to seal the postal envelope. Please store at room temperature until posted.

Please post your sample to The Doctors Laboratory as soon as possible (ideally on same day or within 24 hours of sample collection) from ANY Royal Mail post box in the UK. No stamp is required within the UK.

If you need assistance please contact The Doctors Laboratory on 020 7307 7373 or email samples@tdlpathology.com.

Warnings and precautions

- This kit is designed for use by persons aged 18 and over and upon request of a healthcare professional or healthcare organisation.
- The kit should not be used by individuals lacking the physical or mental capacity to correctly follow the self-collection instructions. If you have problems please consult with your advising healthcare professional.
- This kit should not be used by persons with bleeding or clotting disorders, those taking anti-coagulants, or by patients taking immunosuppressive drugs or undergoing chemotherapy.
- Do not affix the label to the blood collection tube until after you have collected your sample. You will not be able to see how much blood you have collected if the label covers the tube.
- The accuracy of your results may be compromised if you do not read and follow the instructions in full.
- Samples arriving at the laboratory which show signs of haemolysis, degradation or general damage or arrive after 6 days of sample taking may not be tested.

Materials required but not provided

- Test request form
- This will be provided by your healthcare professional or healthcare organisation. Please complete the request form with your details as instructed.
- Clean tissue paper

Laboratory Tests

- The tests and procedures undertaken by The Doctors Laboratory Limited are verified and performed in line with supplier product instructions for use and supported by additional validation data for use with self-collected capillary blood.
- Test results are provided in line with clinically approved results pathways, agreed between The Doctors Laboratory Limited and the patients designated healthcare professional or healthcare organisation.

KEY TO SYMBOLS

IVD For in vitro diagnostic use

REF Catalogue number

LOT Batch code

STERILE Sterilized using irradiation

STERILE Sterilized using ethylene oxide

BIOHAZ Biological sample, treat as potentially infectious

Use by end of year-month

Manufacturer

Temperature limits

Caution, consult accompanying documents

Keep away from sunlight

Keep dry

Conformity marking EC Directive 96/96/EC

Do not re-use

Not made with natural rubber latex

Consult instructions for use

For use by persons aged 18 and over

MedDX Solutions Limited
Unit 3, Skylon Place, Hursley Road, Rotherwas, Hereford HR2 6NX
E-mail: support@mdxsol.com Website: www.meddxsolutions.co.uk

The Doctors Laboratory Limited
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