

## INSTRUCTIONS

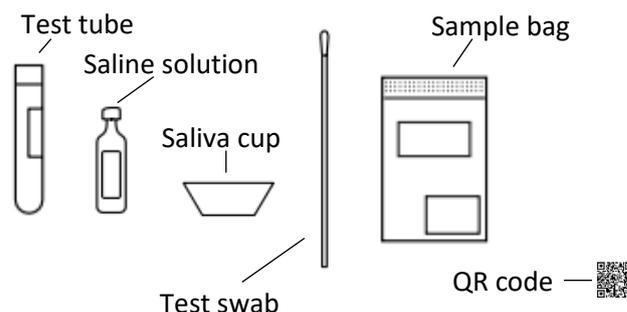
# Self-sampling for COVID-19

Please read all the instructions carefully before beginning.

To ensure an accurate test result, it is important that you follow each step.

**You will need a valid electronic ID (e-legitimation) to register your sample.**

## Contents of the bag



## Preparing to collect your sample

1. Take out the test tube and the sachet of saline solution.
2. Open the saline sachet by twisting off the top.
3. Pour the saline solution into the test tube. Continue holding the test tube in your hand, or set it down somewhere where it will stand without tipping over.



1177  
VÄRDGUIDEN

Region  
Värmland

## Throat – sample 1

1. Take the test swab and guide it along the inside of your cheek down towards your throat, reaching as far back as you can.
2. Scrape as far back in your throat as you can reach using the cotton swab. Do this for around 20 seconds on each side.
3. Remove the test swab from your throat.



20 sec.

## Nose – sample 2

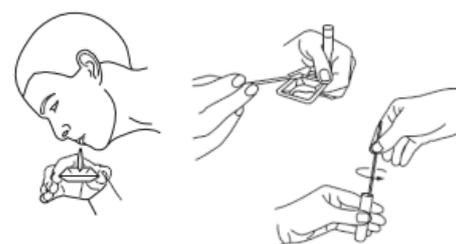
1. Next, guide the cotton swab 2-3 cm in along the wall of your nasal cavity. Scrape for around 20 seconds. Do the same for both nostrils.
2. Remove the test swab from your nose and keep it in your hand.



20 sec.

## Saliva – sample 3

1. Take out the saliva cup and spit into it a few times so that its bottom is thoroughly covered with saliva.
2. Take the test swab and swirl it around in the saliva for 20 seconds.
3. Place the test swab inside the test tube with the cotton swab pointing downwards and swirl for around 20 seconds.
4. Remove the test swab from the test tube and screw the lid on tightly.
5. Double-check that the liquid is still inside the test tube and that the lid is securely fastened.
6. Place the test tube inside the small sample bag and seal the bag.



20 sec.

Please turn the page ►

## Dispose of your waste

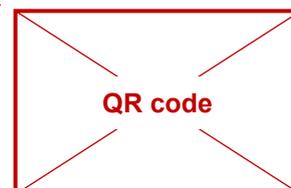
Place the saliva cup, test swab and other waste materials inside the large bag and dispose of everything as ordinary household waste.

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## Register your sample – log in to 1177.se

For the laboratory that analyses your sample to know whose sample they are testing, you must link your sample to your Personal Identity Number (*personnummer*). To do so, you must be able to verify your identity using an electronic ID (*e-legitimation*) when you register your sample.

1. You will find your personal QR code here.
2. Scan the QR code using the camera in your mobile phone or a QR app, follow the link shown and log in.  
If you can't read the QR code using your mobile phone, you can open a web browser and enter the address <http://pep.1177.se/testkit>  
Log in and register the number shown under your QR code.
3. Enter the information requested.
4. Click *Slutför beställningen*.



## Submit your sample for analysis

Once you have completed all the steps above, you must submit your sample according to the instructions you received when you were given your sample bag.

Submit your sample as soon as possible after you have collected it.

Keep these instructions, which include your QR code, until you have received your test results.

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## Test results

You will receive your test results within 48 hours via the e-services portal on the 1177.se website.

First, log in at 1177.se. Under the heading *Egen provhantering*, click *Beställ provtagning och se svar*.

If you have consented to receive notifications from 1177.se, you will receive a notification via text message or e-mail once your test results are ready.

If you haven't received your test results after 72 hours, please send an e-mail to [egenprovtagningcovid19@regionvarmland.se](mailto:egenprovtagningcovid19@regionvarmland.se). Briefly describe your situation and include a phone number where we can reach you. Never include your Personal Identity Number (*personnummer*) in an e-mail.