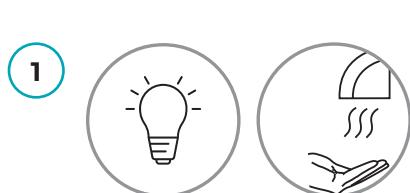




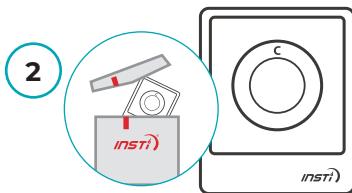
# INSTI HIV Self Test

How to use and interpret the results

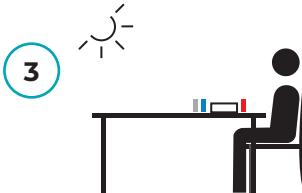
## PREPARATION



Use a well lit area.  
Wash and dry hands.



Open membrane unit pouch.

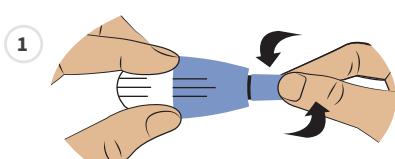


Place membrane unit  
on a flat surface.

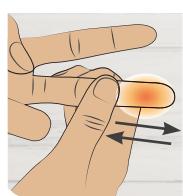


Remove cap of Bottle 1. Place  
on flat surface.  
**WARNING:** Bottle 1 contains liquid.  
Handle with care.

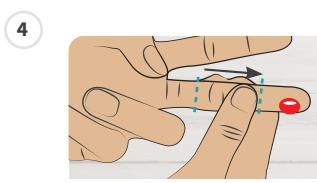
## STEP 1 COLLECT BLOOD



Twist and pull the blue tip out  
of the lancet and place aside.



Rub finger **UNTIL WARM.**



Rub finger to create a **LARGE** drop of blood.

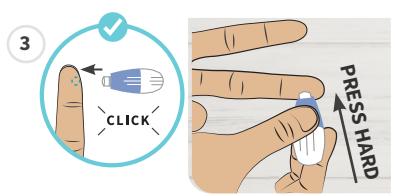
**⚠ ENSURE THAT A FULL, PEA-SIZE DROP OF BLOOD IS PRODUCED (SEE STEP 5) TO AVOID AN INVALID RESULT.**



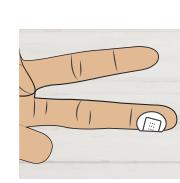
Let **1 full (a pea-size) drop fall** into Bottle 1.  
Twist on cap of Bottle 1.



**⚠ DO NOT DRIBBLE, SCRAPE AND/OR SPILL.  
STOP THE TEST IMMEDIATELY IF BLOOD IS ADDED TO BOTTLE 2.**

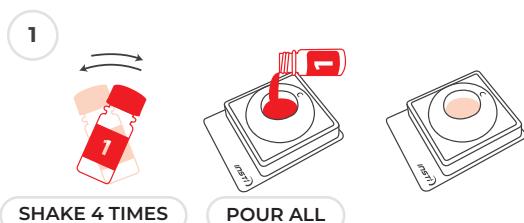


Secure finger firmly on hard surface  
and press lancet on the **side** of the fingertip.



Apply adhesive bandage.

## STEP 2 TEST



SHAKE 4 TIMES

POUR ALL

Shake and pour all liquid.  
Wait until liquid disappears.

**⚠ IMMEDIATELY POUR THE SAMPLE ON THE MEMBRANE AFTER ADDING BLOOD TO BOTTLE 1 AND SHAKING. DELAYS LONGER THAN 10 MINUTES COULD RESULT IN A FALSE POSITIVE RESULT.**



SHAKE 4 TIMES

POUR ALL

Shake and pour all liquid.  
Wait until liquid disappears.

**TIP:** Gently tap Bottle 2 to pour liquid.



SHAKE 4 TIMES

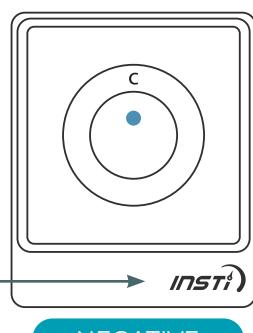
POUR ALL

Shake and pour all liquid.  
Wait until liquid disappears.

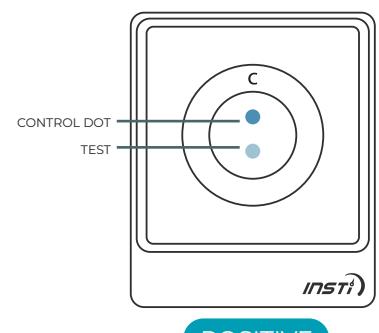
## STEP 3 READ RESULT

Read result right away  
to within 1 hour.

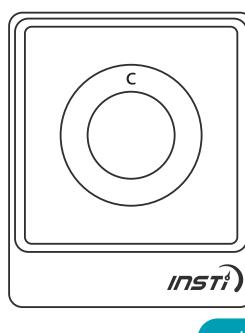
Always read results  
with INSTI® logo  
facing you



NEGATIVE



POSITIVE



INVALID

**⚠ ONE DOT MAY BE LIGHTER  
THAN THE OTHER.**

**Not for users:**

- Below the age of 18
- Taking Anti-retroviral Treatment (ART)
- Who have participated in a HIV vaccine study
- With a bleeding disorder
- Afraid of needles