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BLOOD SAMPLE COLLECTION

Sample collection instructions

Please read these instructions first, slowly and carefully, the whole way through before attempting to collect your sample.

Clearly complete the Name Label using a ball point pen with:

• Your Surname • Your Date of Birth • Your First name • Date of Blood Collection

Do not affix the label to the blood collection tube until after collecting your sample. This is important as you will not be able to see how much blood you have collected if the label covers the sides of the tube. Sample self-collection is carried out at an individual's own risk.

Your sample collection pack contents



Moist wipe x 2



Plaster x 2



Blood



Protective packing wallet



Alcotip swab x 1

IMPORTANT!

The protective packing wallet has been designed

to provide a stable way of

taken. Please insert the

remove the cap and put

it to one side whilst you

take your sample.

tube as shown above and

holding the blood collection tube whilst a sample is



Your name label



(+2 spares)



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



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



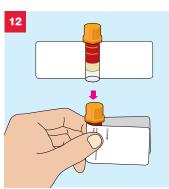
Fill the blood collection tube to the upper line on the side of the tube. NB: If you are unable to collect enough blood use the second lancet on your little finger on the other hand. Alternatively, try wiping the little finger you have been using with a dry tissue Pause for 5-10 seconds and blood drops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



Once you have filled up to the TOP FILL LINE – or even just over – stop collecting and apply the supplied spot plaster to stop the bleeding. Then push on the cap of the blood collection tube (or tubes) securely until you hear an audible click to confirm closure.



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



Make sure your tube(s) is labelled with your details using the label supplied in your pack. 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,

Place the collection tube in the protective





The best location for collecting finger prick samples are from the side of your little finger. Open the pack of lancets.

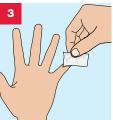
Remove one

lancet from the

bag. Twist and



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



Using the Alcotip Swab clean the selected little 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



Position the lancet against the side of your little finger. The lancet will activate in one step only when positioned and pressed FIRMLY against the skin. Should you need to repeat the process to help obtain enough blood use one of the remaining lancets Stand up rather than sit down when collecting your blood drops





Place inside the Test Kit Box: the protective packing wallet containing the blood collection tube(s) used lancet(s) Please run through the checklist below before returning samples

Close the Test Kit Box and place the Test Kit Box into the self addressed post-paid mailer

CHECKLIST

Before you return your samples please tick off the contents of the self addressed post-paid mailer.

Completed Request form

Blood collection tube(s) in the protective packing wallet

Place all of the samples into the Test Kit Box

You are now ready to seal the self addressed post-paid mailer. Please post your samples to The Doctors Laboratory as soon as possible from ANY Royal Mail post box in the UK. No stamp is required within the UK.

If you need assistance please contact on 0207 043 0716 or email customercare@treated.com. If you wish to return your lancets please enclose with your sample.