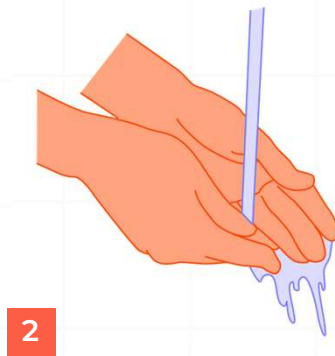


Samples: Collecting a Finger Prick Sample



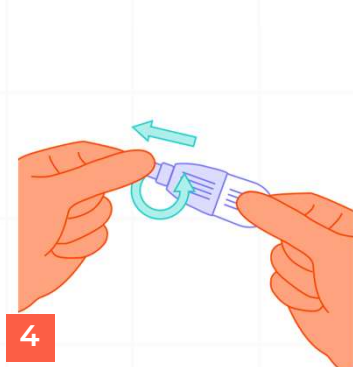
1 The best location for collecting a finger prick sample is from the side of your middle finger or ring finger (see shaded area). Open the pack of lancets.



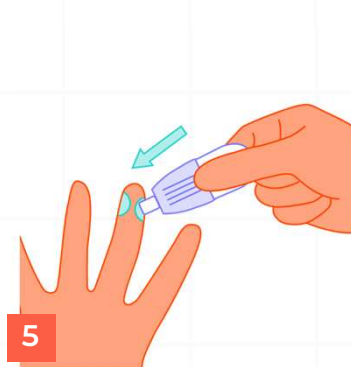
2 Wash your hands in warm soapy water. It is much easier to collect your sample if your hands are warm. Dry them thoroughly with a clean, dry towel.



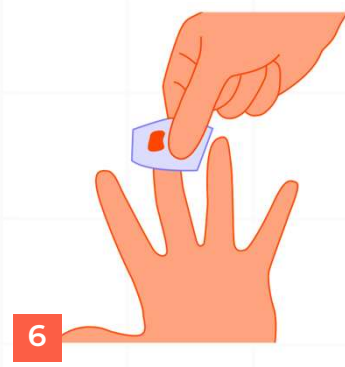
3 Using the Alcohol Swab clean the selected finger. Wipe dry with a clean tissue. Be sure your finger is completely dry as blood will not form a drop at the puncture site of a moist finger.



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

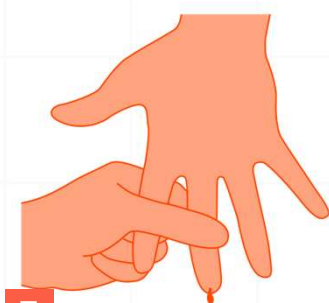


5 Sit down when collecting your blood drops. Position the lancet against the side of your chosen finger. The lancet will activate in one step only when positioned and pressed firmly against the skin until a click is heard. Should you need to repeat the process to help obtain enough blood use one of the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



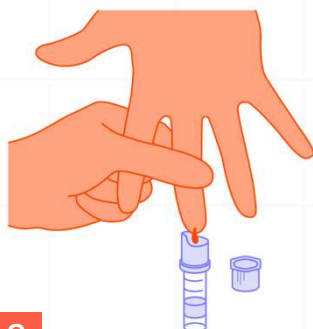
6 This will puncture the skin and a small drop of blood will form. Wipe away the first drop of blood with a tissue.

Samples: Collecting a Finger Prick Sample



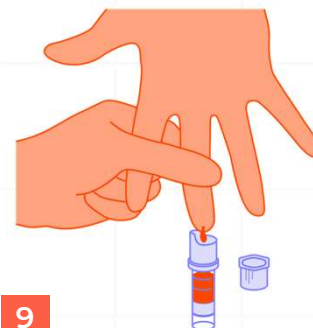
7

Holding your hand/arm downwards, firmly massage your hand down to your finger to encourage blood flow.



8

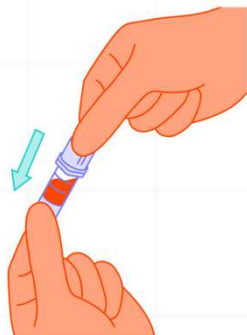
Take your finger with the other hand and gently milk your hand and finger to help the blood drop into the blood collection tube as shown.



9

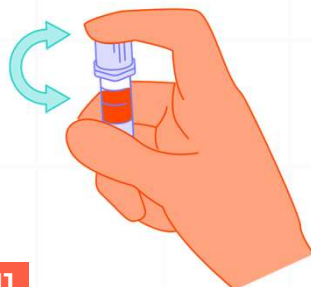
Fill the blood collection tube to the upper line on the side of the tube.

NB: If you are unable to collect enough blood use the second lancet on a middle or ring finger on the other hand. Alternatively, try wiping the finger you have been using with a dry tissue. Pause for 5-10 seconds and blood drops are likely to reform, and you can then start collecting again.



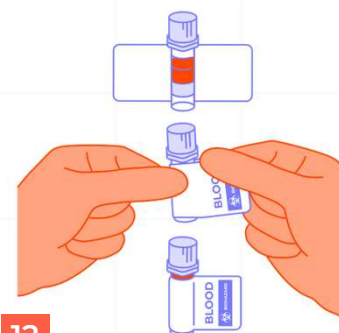
10

Once you have filled up to the top fill line, or even just over, stop collecting, clean the finger with a wipe and apply the supplied spot plaster to stop the bleeding. Then push on the cap of the blood collection tube securely until you hear an audible click to confirm closure.



11

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



12

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.

Place the collection tube back into the clear case provided.

Once collected the sample/s should be dispatched to us using envelopes supplied with your kit. Always ensure the laboratory request form is completed and enclosed with the sample/s.