



## Finger Stick –Blood Test Instructions

Please read the following instructions in full before commencing the test. If anything is missing or you are uncertain then please contact us for help.

### Your Test Collection Kit Contains

1 x Microtainer (or more), blood collection tubes. And optional 1 x gold SST –  
4 x Lancets (for blood collection, read instructions!)  
1 x Sterile Wipe  
1 x Plaster  
1 x Requisition Form  
1 x Royal Mail Pre-Paid Return Shipping Label

RETAIN THE KIT BOX FOR THE RETURN OF YOUR SAMPLE/S.

When to carry out!

Only undertake this test and send Monday to Wednesday, using the prepaid shipping label enclosed. Ensure the sample is posted the sameday as you complete this test.

## Preparation

### Quick Guide

- Wash Hands in Warm Water.
- Open Microtainer, stand upright and secure the microtainer ready for use.
- Increase blood flow to your finger tips. "See collection tip below".
- Select a fleshy finger tip and wipe the area with sterile wipe.
- Prepare and fire the lancet against finger tip, then wipe again with the sterile wipe.
- Massage finger downwards (not the tip), collecting blood in microtainer.
- Repeat with additional lancets until sample is between the yellow lines. If the sample is not above the first yellow line, your sample will be rejected.
- **Secure lid fully.**
  - Place back into Zip-Lock bag or Clam Shell and close securely, and invert 6 times.
  - Complete the requisition form, and sign.

### OR

- **ALTERNATIVELY** – we supply the larger gold topped SST vial for a standard blood draw if you prefer to collect your sample using a phlebotomist, no centrifuge is required and return instructions remain the same.

**\*\* Warning: Squeezing your finger tip hard damages the blood cells making the sample unusable. Instead milk the palm of the hand, through long strokes down its length to the finger tip, gently encouraging blood flow. Use the sterile wipe to wipe any clotting away to help continue blood collection.**

## Return Instructions within the UK

Make sure you sample/s are sealed in the Zip-Lock bag or clam shell, (Please do not return the lancets),

Place the Zip-Lock sample bags into the white box with your completed requisition form.

Seal the box with its own adhesive tab and apply the prepaid return label to the outside of the box.

Post asap.

### Tips!!

The lancets only work once. Turn the green tip and remove the protective covering.

Hold firmly against the selected area and push the button on the end to activate.

### Hands!!

For best results increase blood flow to hand before testing. Nice and pink hands is good!

Windmill your arms, but carefully!! Place hands in warm water

Keep your hands below your waist when collecting specimen. Massage from the palm of your hand towards your finger like a milking action.