Sample collection instructions

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

Do not affix the label to the blood collection tube until after collecting 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

Your name label

IMPORTANT!
The protective packing wallet has been designed to provide a stable way of holding the blood collection tube whilst a sample is taken. Please insert the tube as shown above.

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

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

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

Wash your hands in 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 finger.

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.

This will puncture the skin and a small drop of blood will form.

Wipe away the first drop of blood with a clean tissue.

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

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.

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.

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If hands are warm it is much easier to collect your sample. It is much easier to collect your sample if hands are warm. Please wash your hands in warm soapy water. Wipe away the first drop of blood with a clean, dry towel.

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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, as shown below.

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

☐ Completed Request form
☐ Blood collection tube(s) in the protective packing wallet
☐ Used lancets

You are now ready to seal the white 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 The Doctors Laboratory on 020 7307 7373 or email samples@tdlpathology.com. If you wish to return your lancets please enclose with your samples.