

functionaldx.com

finger prick test  
**index**  
FunctionalDX



Thank you for your order

Please read these instructions carefully before attempting your blood sample(s) collection

**Finger Prick  
Blood Sample  
Collection  
Instruction Sheet**

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## What's in your Index kit?

1. Instruction sheet
2. 1 or 2 600ul Microtainer collection tubes\*
3. 1 or 2 x Labels for tubes\*
4. 4 x Lancets
5. 1 x Dry swab pack
6. 4 x Wipes - 70% IPA Alcohol
7. 4 x Plasters
8. SpeciSafe - protective tubes case
9. Self-addressed UN3373 plastic envelope

\*The amount will depend on the tests ordered.

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## Important Notes:

Clearly fill out your form and label(s) in capital letters using a ball point pen.

Label(s) should be attached to the tube(s) after the blood collection is completed.

Keep the UN3373 Diamond Hazard Warning Logo on the return envelope visible at all times.

**Ensure your blood sample(s) are drawn and posted on the same day via Royal Mail.**

For assistance, please contact us on 0203-995-4202 extension 2

Mon-Thu 9am-4pm and Fri 9am-12pm

**Open for index finger prick instructions**

## Your Blood Sample Collection Instructions

- STEP 1** Remove the microtainer collection tube(s) from the protective tube case. Remove the yellow lid from the tube(s). Stand it upright on a flat and stable surface.
- STEP 2** Wash your hands with warm soapy water for 3-4 minutes, then dry them properly with a paper towel (it is easier to collect your blood sample when hands are warm).
- STEP 3** Clean the tip of your selected finger with the alcohol wipe and allow to air dry thoroughly. For best results, use your middle or ring finger and puncture off centre, on either side.
- STEP 4** Take one lancet from the bag. Twist and pull off the lancet's blue protective cap.



**STEP 5**

Place the tip of the lancet firmly against the chosen puncture site of your finger and push down. Do not remove the device until you hear a click.

Wipe away the first formed small blood drop with a dry swab.



**STEP 6**

Firmly massage from wrist to fingertip to allow the blood flow to fill the tube(s).

Avoid squeezing your fingertips as this can cause haemolysis and make your sample invalid.



**STEP 7**

Collect blood in tube(s) until it is filled up to the '600 line' marked at the top.

Repeat the process on a different finger if more blood is needed to fill the tube(s), using another lancet.

- STEP 8** Apply a plaster(s) to your finger(s) to stop bleeding.
- STEP 9** Replace the yellow lid and push firmly onto the tube, until you hear a click. Invert the tube(s) gently 8-10 times as soon as it is filled. Do not Shake. Vigorous mixing may cause haemolysis.
- STEP 10** Attach the completed label(s) (full name, date of birth, gender) onto the tube(s).
- STEP 11** Place your completed blood sample(s) back into the protective tube case, click to close and seal safely with the provided security label.
- STEP 12** Discard waste materials safely.

## Posting Back to Lab

- STEP 1** Place your sealed sample protective tube case in the self-addressed UN3373 plastic envelope together with your completed Patient Request Form (all details **MUST** be filled in, dated, and signed).
- STEP 2** Remove the self-adhesive tape and seal the envelope. Post right away, via Royal Mail, Special Delivery, Next Day by 1pm. (Monday - Thursday, for next working day delivery, excl. bank holidays)  
**Your blood sample(s) MUST be posted on the SAME DAY as the sample collection.**
- STEP 3** Keep a record of your tracking details for future reference.