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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. Patient Request Form
2. Instruction sheet
3. SpeciSafe (rigid protective case & tubes holder)
4. 1 or 2 x 600ul Microtainer collection tubes*
5. 1 or 2 x Labels for tubes*
6. 3 x Lancets
7. 1 x Dry swab pad
8. 3 x Alcohol wipes
9. 3 x Plasters
10. Self-addressed UN3373 rigid return box
11. 1 x Security label

*Test dependant

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Important Notes:

Clearly fill out your Patient Request 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 box visible at all times.

Fill in your sender details.

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

FunctionalDX Lab
c/o Medical Diagnosis Ltd
Unit 12
Central Business Centre
Iron Bridge Close
London
NW10 0UR

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

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

Please see inside for blood collection instructions

Your Blood Sample Collection Instructions

STEP 1 Remove the microtainer collection tube(s) from the SpeciSafe case. Stand upright in the circular well(s) of the case and remove the yellow lid(s).

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 out one lancet. Twist and pull off the 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.

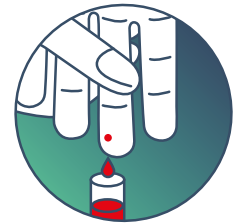
Wipe away the first formed small blood drop with a dry swab.



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.

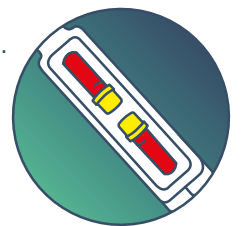
STEP 8 Apply a plaster(s) to your finger(s) to stop bleeding.

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) to the tube(s) (incl. full name, date of birth, gender).

STEP 11 Push your completed sample tube(s) into the allocated space(s) of the SpeciSafe. Click to close and seal firmly all around the edges.

STEP 12 Discard waste materials safely.



Posting Back to Lab

STEP 1 Place your sealed SpeciSafe case in the self-addressed UN3373 return box together with your completed Patient Request Form (all details MUST be filled in, dated, and signed).

STEP 2 Peel the self-adhesive tape of the lid flap and seal the box. Attach the security label to the box at the allocated space. 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.