

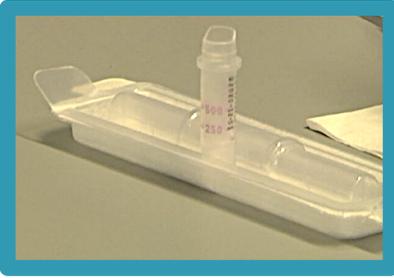
# 5. Blood Collection



## TOP TIPS

- Before you start drink a glass of water and sit in a warm room
- Wash your hands in warm water for 2 minutes before the measurement
- To help blood flow, try and remain standing during the measurement
- Have a piece of tissue to hand

## Step 1:



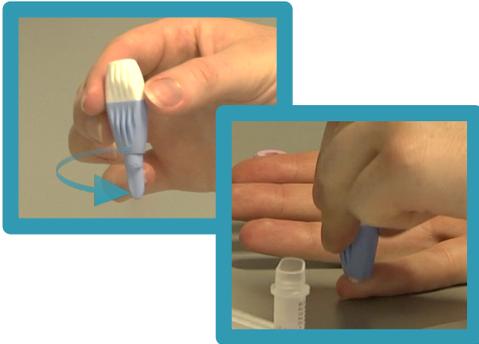
Open the packaging and remove the tube. Remove the lid of the tube. Close the packaging lid and place the tube upright in the holder.

## Step 2:



Clean your finger with the alcohol wipe provided. We recommend your little finger.

## Step 3:



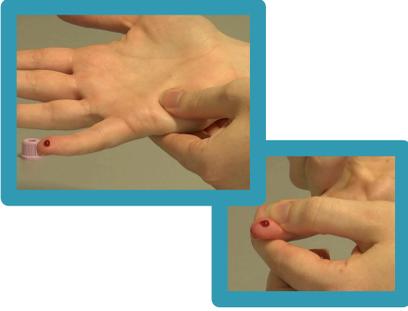
Twist the blue cap off the lancet. Then place the end of the lancet firmly against your clean finger, apply pressure until you hear a click. You may feel a small sting.

## Step 4:



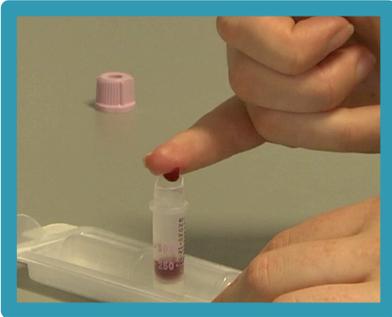
With a piece of tissue wipe away the first droplet of blood that forms.

## Step 5:



Massage the side of your hand, starting from your wrist all the way to your finger.

## Step 6:



As the blood drops form, gently scrape them on the inside edge of the tube to collect them. Have a tissue ready if blood starts to drip down your finger.

## Step 7:



Fill the tube to the line marked 500. If you fail to collect enough blood from your selected finger, repeat the process on a different finger using the spare lancet.

## Step 8:

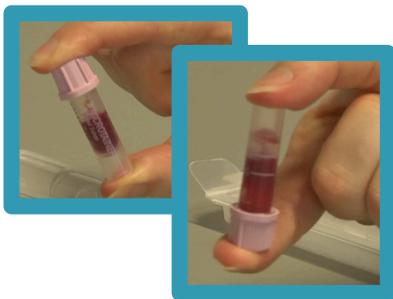


When you have finished filling the tube, hold some tissue to your finger and apply pressure until the bleeding stops. Apply a plaster if needed.



## Step 9:

After blood collection, securely replace the lid of the collection tube. You will need push down on the lid until it click.



## Step 10:

Invert the tube (turn upside-down) several times to mix the blood sample.



## Step 11:

Place the collection tube back into the plastic packaging and seal.



## Step 12:

Pack the plastic clamp shell (with the tube inside) into the prepaid envelope. Post the envelope on the **same day** that you took the sample.