TDL TINYTM SAMPLE COLLECTION

Harmacy2

Your prescriptions, taken care of

Sample collection instructions

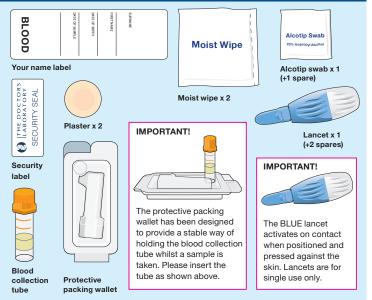
Please read these instructions first, slowly and carefully, the whole way through before attempting to collect your sample.

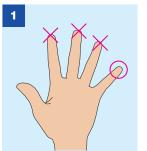
Clearly complete the Name Label using a ball point pen with:

Your Surname
Your Date of Birth
Your First name
Date of Blood Collection

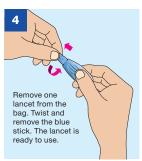
Do not affix the label to the blood collection tube until after collecting your sample. This is important as you will not be able to see how much blood you have collected if the label covers the sides of the tube.







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







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. drv towel



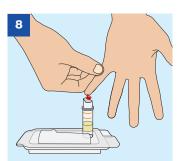


Using the Alcotip Swab clean the selected little finger. Wipe dry with a clean tissue. Be sure your finger is completely dry as blood will not form a drop at the puncture site of a moist finger.

> 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



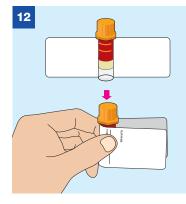
massage the side of your hand down to your little finger to encourage blood flow.



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.

10

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.



Fill the blood collection tube to the upper line on the side of the tube. NB: If you are unable to collect enough blood use the second lancet on your little finger on the other hand. Alternatively, try wiping the little finger you have been using with a dry tissue. Pause for 5-10 seconds and blood drops are likely to reform, and you can start collecting again.



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.

Place the collection tube in the protective packing wallet provided.



Seal the Test Kit Box using the security sticker provided. Place the Test Kit Box into the self addressed

post-paid mailer



below before returning samples

CHECKLIST

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

14

Completed Request form



You are now ready to seal the white self addressed post-paid mailer.

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.

The Doctors Laboratory 60 Whitfield Street, London W1T 4EU

Tel: 020 7307 7373 Fax: 020 7307 7374 E-mail: tdl@tdlpathology.com Website: www.tdlpathology.com

© The Doctors Laboratory, 2016 TAP3195/21-06-16/V1

