



## Sample collection instructions

Please read these instructions first, slowly and carefully, the whole way through before attempting to collect your sample. If you need assistance please contact The Doctors Laboratory on 020 7307 7373 or email [samples@tdlpathology.com](mailto:samples@tdlpathology.com)

Clearly complete the sample label using a ball point pen with:

- Your surname • Your first name • Your date of birth • Date of sample

**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.**

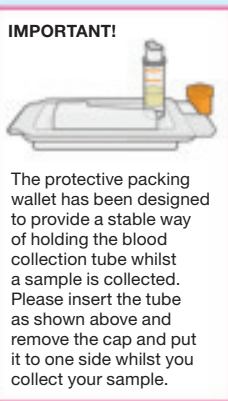
Sample self-collection is carried out at an individual's own risk.

## Your sample collection kit contents

Place all of the items in your kit onto a clean surface and check that your kit contains the items outlined below. Do not proceed with sample collecting if any items are missing. Contact the phone number or email address above for assistance. Have a box of tissues to hand. Please do not discard the collection kit box, this is needed to return your samples.



Request form



Protective packing wallet



Lancet x 1 (+2 spares)



Blood collection tube



Moist wipe x 2



Alcohol swab x 1 (+1 spare)



Plaster x 2



Sample label



Return envelope



Postal tracking label



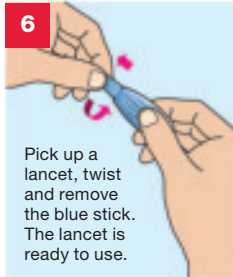
The best locations for collecting finger prick samples are from the sides of your two middle fingers.



Wash your hands in warm soapy water. **It is much easier to collect your sample if your hands are warm.** Dry them thoroughly with a clean, dry towel.



Using the Alcohol Swab clean the selected 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.**



Pick up a lancet, twist and remove the blue stick. The lancet is ready to use.



**Sit down to prick your finger and if comfortable stand up to collect your sample.** Position the lancet against the side of your chosen finger. The lancet will activate in one step only when positioned and pressed very **FIRMLY** against the skin until a click is heard. Should you need to repeat the process to help obtain enough blood use one of the remaining lancets.



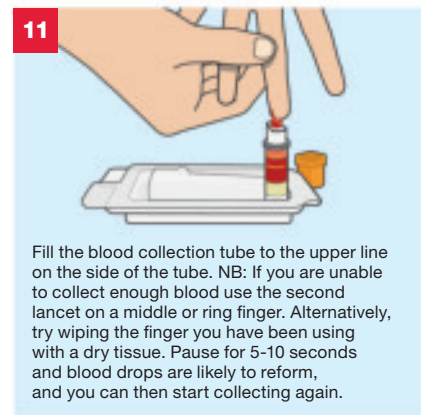
This will puncture the skin and a small drop of blood will form. Wipe away the first drop of blood with a clean tissue.



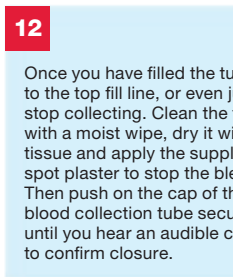
Holding your hand/arm downwards, firmly massage your hand down to your finger, without squeezing, to encourage blood flow.



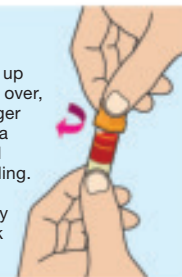
Firmly massage your hand and finger, without squeezing, to help the blood drop into the blood collection tube as shown.



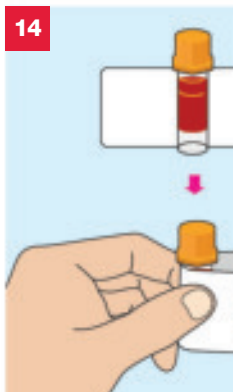
Fill the blood collection tube to the upper line on the side of the tube. NB: If you are unable to collect enough blood use the second lancet on a middle or ring finger. Alternatively, try wiping the finger you have been using with a dry tissue. Pause for 5-10 seconds and blood drops are likely to reform,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



Once you have filled the tube up to the top fill line, or even just over, stop collecting. Clean the finger with a moist wipe, dry it with a tissue and apply the supplied spot plaster to stop the bleeding. Then push on the cap of the blood collection tube securely until you hear an audible click to confirm closure.

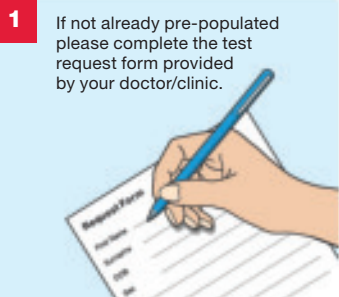


Once you have replaced the cap, gently invert the collection tube 5 to 10 times.

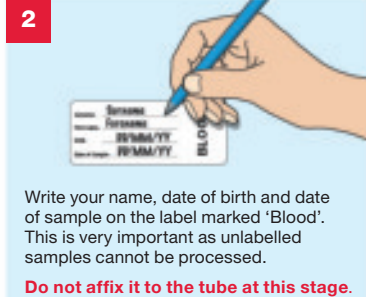


Make sure your tube is labelled with your details using the label supplied in your pack. **This is very important as unlabelled samples cannot be accepted.** Affix the label by placing the tube in the middle of the label and wrapping the label around the tube, as shown below. **Place the collection tube in the protective packing wallet provided.**

## TDL TINY™ SAMPLE COLLECTION



**1** If not already pre-populated please complete the test request form provided by your doctor/clinic.



Write your name, date of birth and date of sample on the label marked 'Blood'. This is very important as unlabelled samples cannot be processed.

**Do not affix it to the tube at this stage.**

15

Place inside the test kit box:

- the protective packing wallet containing the blood collection tube
- used lancet(s)
- unused lancet(s)



16

Please make a note of the unique tracking number displayed under the barcode on the postal tracking label, as shown below. Keep this in a safe place for future reference. You can track delivery of your Royal Mail parcel by entering this number using the following link: <http://www.royalmail.com/track-your-item>



Write your tracking number here for reference – keep this safe.

17

Peel off the postal tracking label and carefully apply it to the postal envelope as shown.



## 18 CHECKLIST

Before you return your sample please do the following:

- Place your completed request form into the return envelope
- Make sure the blood tube is labelled and securely placed inside the protective packing wallet
- Place used/unused lancets into the test kit box
- Check that your sample is inside the test kit box
- Close the test kit box and place it into the return envelope
- If returning your sample by post, please make sure the postal tracking label has been affixed to the front of the return envelope and that you have taken note of your postal tracking number

You are now ready to seal the return envelope.

Please send your sample to The Doctors Laboratory without delay from ANY Royal Mail post box in the UK.

If you need assistance please contact The Doctors Laboratory on 020 7307 7373 or email [samples@tdlpathology.com](mailto:samples@tdlpathology.com).

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