



## Capillary blood by finger prick test kit instructions

Contact us:

Email: [t1dra-study@bristol.ac.uk](mailto:t1dra-study@bristol.ac.uk)

### Kit Contents:

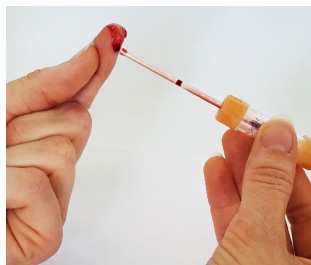


- 1 x Capillary blood collection tube (*do not remove or mix gel*)
- 2 x Alcohol wipes
- 2 x Gauze swabs
- 2 x Plasters
- 2 x Single use lancets (*second lancet for repeat use if needed*)

The capillary blood collection tube can be used in two ways, A or B.

A

#### Using the capillary straw



Drops of blood will be sucked into the capillary straw. After collecting a few drops of blood, tap the base of the tube against a hard surface to move the blood into the bottom of the tube. Repeat as needed.

*(If the blood has clotted in the straw, please remove the capillary straw lid, and change to collection method B).*

B

#### Directly dropping/scraping into the tube



Remove the capillary straw lid.

Drop or scrape blood drops directly into the tube.

Tap the base of the tube against a hard surface to move the blood to the bottom of the tube.

**To maintain good blood flow**, hold your arm downwards and gently massage your hand from the wrist to the end of the finger. If blood flow stops: Raise your finger above your head for a minute. Then lower your finger and quickly wash the puncture site to prevent clotting.

**Follow the steps overleaf to collect and return your sample.**

## Collecting your sample:

**Important:** Before collecting your sample, please drink plenty of fluids to make sure you are well hydrated and that your fingers are warm and clean.

1

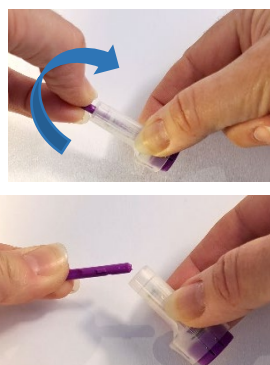
Using the alcohol swab, clean your chosen finger.

The shaded areas are best to use.



2

Twist and remove the thin end of the lancet.



3

On a flat surface, press the lancet **very firmly** against your finger and push the button.



4

Discard the first drop of blood by blotting finger on the gauze swab.

Fill the tube using method A or B overleaf. Please aim for the “200” mark if you can but if that’s not possible, **send us whatever you can collect.**

5

Clean any excess blood from the finger using the gauze and apply a plaster if needed.

6

Remove and discard the capillary straw lid (if used).

Remove the closure lid from the bottom of the tube and **click it onto the top.**



## Returning your sample:



- Place the blood collection tube inside the biohazard specimen bag and seal closed.
- Place the specimen bag and completed sample return form in the cardboard UN3373 box.
- Seal the cardboard UN3373 box inside the **prepaid return envelope** and return to us using any ordinary royal mail post box as soon as possible.

*Used/unused items can be returned if they can't be safely disposed of.*

**THANK YOU VERY MUCH FOR YOUR HELP IN THIS COLLECTION.**

