

Contact us:

Email: t1dra-study@bristol.ac.uk

Website: t1dra.bristol.ac.uk

Capillary HbA1c by finger prick test kit instructions

Watch our 'How to collect your sample' video guide.



Kit Contents:



1 x Capillary blood collection tube

2 x Single use lancets (Purple/yellow) 1x spare lancet for repeat use if required.

2 x Alcohol wipes

2 x Gauze swabs

2 x Plasters

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

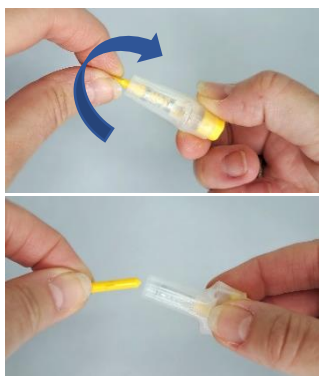
Using the alcohol swab, clean your chosen finger.

The shaded areas are best to use.



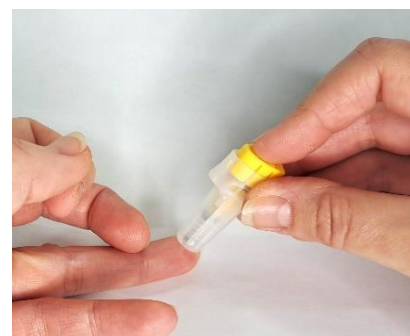
2

Twist and remove the thin end of the lancet.



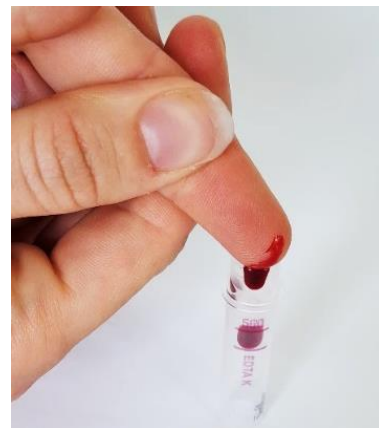
3

Rest your finger 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.



Remove the lid and place to one side.

Drop or scrape your blood into the tube.

Please aim to fill the tube up to the first line if you can. If that's not possible, **send us whatever you can collect.**



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 wash or wipe the puncture site to remove the clotting blood and gently massage your hand from the wrist to the end of the finger.

5

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

6

Replace the lid onto the top of the tube.

Push down to **click** shut.

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



Returning your sample:



- Place the blood collection tube inside the specimen transport bag and seal closed.
- Write the **date and time of sample collection** on the sample collection form.
- Place the specimen bag and sample collection form into the cardboard UN3373 box.
- Seal the box inside the UN3373 **prepaid return envelope** and return to us using any normal post box as soon as possible.

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

Thank you very much for your help with the T1DRA study.