TDL TINY™ SAMPLE COLLECTION

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





Your name label



Security

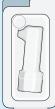


Blood



Plaster x 2

tube



Protective packing wallet



Moist wipe x 2

IMPORTANT!

The protective packing wallet has been designed

tube whilst a sample is

taken. Please insert the

tube as shown above

to provide a stable way of

holding the blood collection

Alcotip Swab

Alcotip swab x 1 (+1 spare)



Lancet x 1 (+2 spares)



The BLUE lancet activates on contact pressed against the skin. Lancets are for single use only.





when positioned and



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

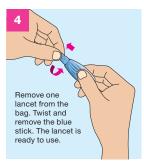


Wash your hands in warm soapy water.

It is much easier to collect your sample if hands are warm. Dry them thoroughly with a clean, dry 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







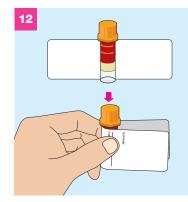
and gently milk your hand and little finger to help the blood drop into the blood collection tube as shown.



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 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,

Place the collection tube in the protective packing wallet provided.







CHECKLIST

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

Completed Request form

Blood collection tube(s) in the protective packing wallet

Used lancets

Place all of the samples into the Test Kit Box and seal with the security sticker

You are now ready to seal the grey self addressed post-paid mailer. Please post your samples to The Doctors Laboratory as soon as possible from ANY Royal Mail post box in the UK. No stamp is required within the UK.

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, The Halo Building, 1 Mabledon Place, London WC1H 9AX Tel: 020 7307 7373 Fax: 020 7307 7374 E-mail: tdl@tdlpathology.com Website: www.tdlpathology.com