

Blood spot collection kit

- Before collecting your sample, please read the entire instruction leaflet.
- The sample collection process will take less than 20 minutes.

Caution

- Store at room temperature.
- Keep out of reach of children.
- Do not use the lancet if the protective cap has been removed.
- If bleeding does not stop, hold your finger above your head and squeeze firmly with the cotton wool.



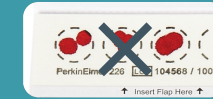
- After you have completed the blood spot collection, dispose of the lancet in a waste bin.

Invalid samples

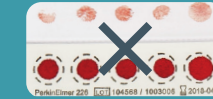
- Avoid small drops.



- Do not multiple spot.



- Allow blood spot to dry.



Contact



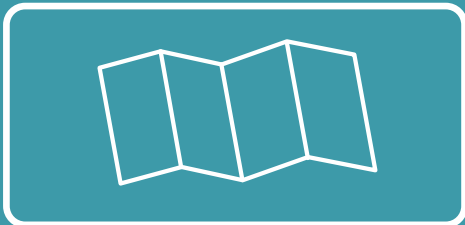
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Dept. of Chemical Engineering and Biotechnology
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Kit Contents

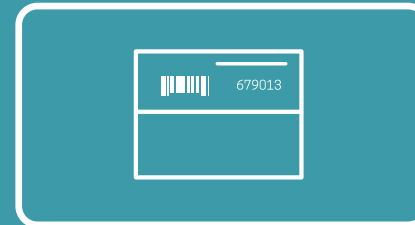
Your blood spot collection kit includes:



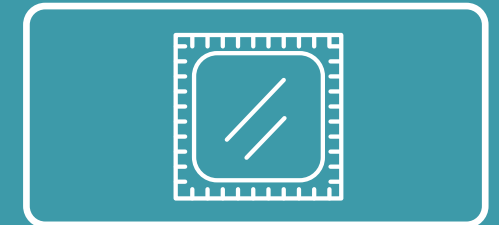
Instructions



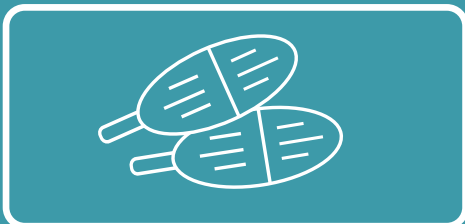
Prepaid envelope



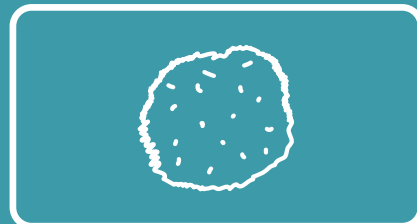
Dried blood spot collection card



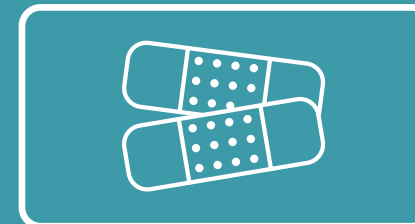
Alcohol pad (2x)



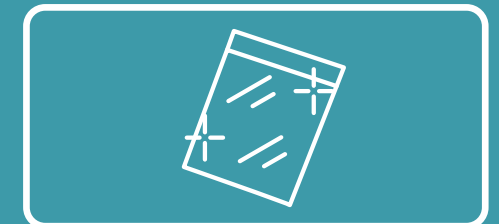
Lancet (2x)



Cotton wool (2x)



Plaster (2x)



Silver bag with silica gel bag


Follow the instructions carefully

- Before collecting your sample, please read the entire instruction leaflet.
- Please collect your blood spot sample **only after fasting for at least 6 hours** (no eating or drinking anything other than water). A great time to do this is just before breakfast. We will be unable to process non-fasting samples.
- The best location for the finger prick is slightly off the centre of your middle finger.
- If you have difficulty producing enough blood, use the second lancet to repeat the pinprick on another finger.

1 The sample should be taken on a clean, wipeable surface.



2 Remove the collection card from the silver bag. Open the card, being careful not to touch the targets when doing so. Take out the cotton wool.



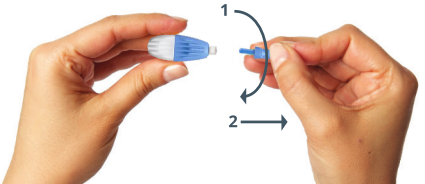
3 Wash your hands under **warm** water with soap and dry them.




4 Wipe your middle fingertip with the alcohol pad and allow it to dry.



5 Twist off the blue protective cap from one of the lancets and pull it straight out.




6 Place the lancet against your middle finger and press it until you hear a click.



7 Remove the first drop of blood using the cotton wool.




8 Stand up, hold your hand below your waist and massage your finger towards the pinprick to generate a large drop of blood.



9 Touch the drop of blood onto one of the collection card targets without touching the card with your finger.



10 Spot only one drop of blood onto the centre of each target using a full drop each time.



11 Repeat steps 8 to 10 to generate 5 blood spots.




12 Write your collection date, time, and confirm your fasting status on the card. Allow blood spots to dry for 3 hours before closing the protective flap.



13 Place the collection card back into the silver bag that contains the silica gel bag.



14 Place the silver bag containing the collection card into the prepaid envelope provided.



- Make sure your blood spots have dried for at least 3 hours and match the examples given.
- If necessary, please wipe any blood from the outside of the return envelope using the alcohol swab and discard the swab.
- Post your sample within 24 hours of collecting the blood spots.
- We will send you an email when we receive your collection card.