

Finger Prick - Blood Test Instructions

Please read the following instructions in full before commencing the test. If anything is missing or you are uncertain then please contact us for help.

Your Test Collection Kit Contains

- 1 x Microtainer blood collection tube
- 4 x Lancets (for blood collection)
- 1 x Sterile Wipe
- 1 x Plaster
- 1 x Clear Sample Returns Bag with Absorbent Pad
- 1 x Requisition Form
- 1 x Pre-Paid Return Shipping Label

RETAIN THE KIT BOX FOR THE RETURN OF YOUR SAMPLE.

When to carry out this test:

Only undertake this test and send Monday to Wednesday, using the prepaid shipping label enclosed. Ensure the sample is returned the same day as you complete this test.

How to take your test

- Wash hands in warm water.
- Open microtainer, stand upright and secure the microtainer ready for use.
- Increase blood flow to your finger tips. "See collection tip below".
- Select a fleshy finger tip and wipe the area with sterile wipe.
- Prepare and fire the lancet against finger tip, then wipe again with the sterile wipe.
- Massage finger downwards (not the tip), collecting blood in the microtainer.
- Repeat with additional lancets until sample is between the yellow lines. If the sample is not above the first yellow line, your sample will be rejected.
- Secure lid fully and gently invert sample 6 times
- Fill out label provided and place it around the microtainer then place into sample returns, sealing securely
- Complete the requisition form and sign.

ALTERNATIVELY If you are unable to produce enough blood via finger prick or would prefer to collect your sample via a phlebotomist please contact info@regeneruslabs.com and we will send you a larger gold topped SST vial to use with a phlebotomist. No centrifuge is required and returns instructions remain the same.

**** CAUTION**** Squeezing your finger tip hard damages the blood cells making the sample unusable. Instead milk the palm of the hand, through long strokes down its length, gently encouraging blood flow. Use the sterile wipe to wipe any clotting away to help continue blood collection.

Collection tips:

- Make sure you're hydrated - drink at least 500ml of plain water 1-2 hours before taking the test.
- Place hands in warm water until the skin is warm
- Increase blood flow by massaging from forearm down to your hand or making gentle windmills with your arms
- Keep your hands below your waist when collecting sample.

Using lancets

- The lancets only work once. Turn the yellow tip and remove the protective covering.
- Hold firmly against the selected area and push the button on the end to activate.

Return instructions within the UK

- Place the filled, sealed and labelled microtainer into the clear plastic bag through the slit in the seal, remove the yellow seal protector and fold down to secure.
- Place the sample bag into the white box with your completed requisition form.
- Place the box in the returns bag and follow the returns instructions contained in the kit.