

INSTRUCTIONS FOR BLOOD SAMPLE COLLECTION

NWLP Home Testing

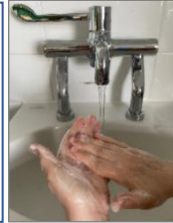
PLEASE READ ALL THE INSTRUCTIONS CAREFULLY BEFORE STARTING

Watch the Online Video: www.nwlp pathology.nhs.uk » Home » Sample Information » Home Testing
If you have any questions please email: imperial.postalbloodqueries@nhs.net

1 Ensure your hands are clean, warm and dry

- Wash hands with soap and water.
- Dry your fingers well

Tip: Ensure your fingers are warm as this will aid with blood collection e.g. after a shower or soaking your hands in warm water.



2 Prepare your equipment

- Twist and remove the blue stick of the **Lancet**. It is now ready for use.
- Remove the cap of the **Blood Collection tube** and place upright.

Tip: Use the cardboard holders in the box to hold your Blood Collection tube.



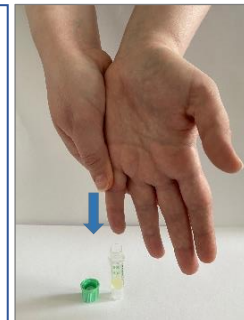
3 Blood Collection

- Position the Lancet to the side and at the tip of your finger.
- Firmly press the Lancet into the skin to activate and prick your finger in one step.



- Gently milk the full length of the finger, from base to tip, to encourage blood flow.
- Allow the blood droplets that form to fall into the upright Blood Collection Tube.

Tip: This is best done whilst standing and holding your hand downwards below the level of your waist.



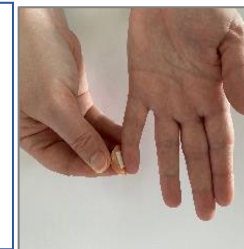
4 Completion

- Continue blood collection in this way until you fill the tube to above the first marked line. Do not overfill!

Tip: Please note that insufficient samples may not be processed. There are 2 spare Lancets provided if you need to repeat the blood collection on another



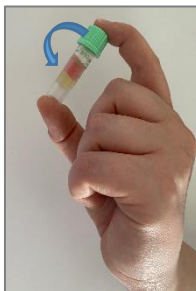
After finishing, use the **Cotton Gauze** to stop any bleeding and apply a **Plaster** to your finger.



5 Checklist

- Firmly replace the cap of the Blood Collection tube.
- Gently invert the tube 5 times.
- Wrap the **Patient Label** sticker provided around the tube.

Tip: Ensure you wipe off any excess blood on the outside of the tube.



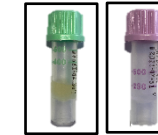
- Place any used Lancets with the filled Blood Collection tubes in the **Plastic Wallet**.
- Remove the silver foil to seal the bag.
- Complete the **Checklist** before posting the box.



BOX CONTENTS



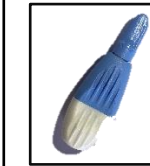
3 x ALCOHOL WIPE



BLOOD COLLECTION TUBE(S)



PATIENT LABEL



3 x LANCET



3 x PLASTER



COTTON GAUZE



PLASTIC WALLET



SECURITY SEAL STICKER



RETURN FORM



FEEDBACK FORM



POSTAGE LABEL

CHECKLIST

- Fill in the Date and Time of collection on the Return Form.
- Ensure your First Name, Surname and Date of Birth are correct on all Patient Labels attached to the tubes and Return Form.
- Ensure the Plastic Wallet is sealed with the blood samples and used Lancets inside.
- Put the **Plastic Wallet** with the completed **Return Form** and **Feedback Form** inside the box.
- Close the box and seal it with the **Security Seal Sticker**.
- Post the box on the same day using the addressed and prepaid **Postage Label**.