



CAPILLARY BLOOD COLLECTION KIT (SST)

A capillary blood sample collection kit used for the collection and transportation of samples for laboratory analysis of serum based parameters

This kit contains the materials required for either sample self-collection or collection by a health/social care professional.

- IVD** For *in vitro* diagnostic use, sample self-collection
- REF** KT353
- CE** **UK CA**
- Carefully read the enclosed instruction leaflet before use
- Important: Do not use kit if security seal is broken. Keep out of reach of children
- Do not re-use
- For use by persons aged 18 and over

Sample collection instructions (Steps 1–19)

- Please ensure the kit is within expiry date and read these instructions carefully and completely before attempting to collect the sample.
- If your kit requires online activation, please follow the instructions provided by your healthcare organisation. If you need assistance please contact the healthcare organisation who arranged the test.

Your sample collection kit contents

Please check that the kit contains all of the items outlined below. Do not proceed with sample taking if any items are missing or damaged, contact the healthcare organisation who arranged your test for assistance.

Blood collection tube (microtainer), €€
IVD

Moist wipe (x2), €€
STERILE R

Alcohol swab (x2), €€

Sample label

Lancet (contact activated) (x3), €€
STERILE R

Return security label

Transport pouch with absorbent pad

Return postal box

Plaster (x2), €€
STERILE EO

IMPORTANT!
The kit contents are supplied in a tray, please empty the tray contents and push through the holes in the base. Then turn the tray upside down and place your tube as shown when collecting your sample.
Do not mix up tube caps, only replace them back on to the tube that they came from.

IMPORTANT!
The BLUE lancet activates on contact when positioned and pressed against the skin. Lancets are for single use only.

1 If not already pre-populated please complete the test request form, provided by your doctor/clinic, separate to this kit. **Make sure the sample date is completed.**

2 Clearly complete the blood collection tube label using a ball point pen with:

- Your First name
- Your Surname
- Your Date of birth
- Sample type: Blood

Do not affix it to the tube at this stage.

3 IMPORTANT SAMPLE TRACKING INFORMATION!

The return postal box has a postal tracking label applied. Please make a note of the unique tracking number displayed under the barcode on the postal tracking label, as shown below. Keep this in a safe place for future reference. **You can track delivery of your Royal Mail parcel by entering this number using the following link: <http://www.royalmail.com/track-your-item>**

Write your tracking number here for reference – keep this safe.

4 Take the blood collection tube and insert it into one of the smaller holes in the tray as shown. Remove the cap and put it to one side whilst you take your sample.

5

The best location for collecting a finger prick sample is from the side of your middle or ring finger (see shaded area). Open the pack of lancets.

6

Wash your hands in warm soapy water. **It is much easier to collect your sample if your hands are warm.** Dry them thoroughly with a clean, dry towel.

7

Using the Alcohol Swab clean the selected 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.**

8

Remove one lancet from the bag. Twist and remove the blue stick. The lancet is ready to use.

9

Position the lancet against the side of your chosen finger. The lancet will activate in one step only when positioned and pressed **FIRMLY** against the skin until a click is heard. Should you need to repeat the process to help obtain enough blood use one of the remaining lancets.

10

This will puncture the skin and a small drop of blood will form. Wipe away the first drop of blood with a tissue.

11

Holding your hand/arm downwards, firmly massage your hand down to your finger, without squeezing, to encourage blood flow.