

# BLOOD SAMPLE COLLECTION INSTRUCTIONS



Read the complete procedure carefully before proceeding with blood collection.  
Keep out of reach of children.

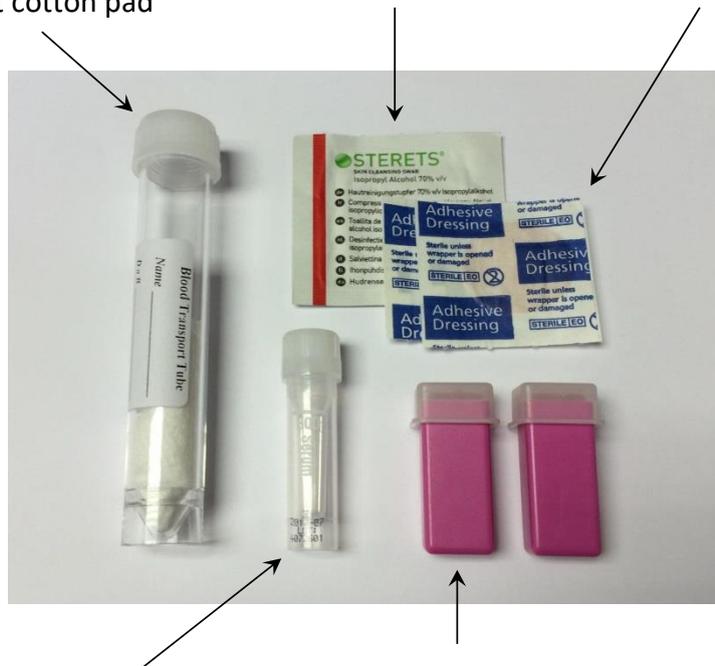
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### Sample Transport tube

Containing absorbent cotton pad

### Pre-injection sterile swab

### Sticking plasters



### Microvette: Blood Collection tube

Sterile; for single use only. (Manufactured and CE-marked in compliance with Directive 98/79/EC by Sarstedt Ltd, 68 Bolton Road, Leicester, LE4 1AW).

### Safety lancets

Lancet to prick finger; sterile; for single use only; colour may vary. (Manufactured and CE-marked [CE 0197] in compliance with Directive 93/42/EEC by MediPurpose Pte Ltd. Singapore). A second lancet is also provided.

### Disposal bag

### Sample Request Form/Order Form (SRF)

Self-sealed plastic pre-paid return envelope **(UK only)**

## PROCEDURE

1. Ensure that you are well hydrated prior to conducting the blood collection process.
2. Wash your hands in warm water as this helps to soften the skin and encourage blood flow.
3. To further increase blood flow to the hands, clench and unclench several times.



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4. Remove the microvette from the Sample Transport tube.
5. Remove the cap from the microvette. Note: the larger Sample Transport tube containing the absorbent cotton pad should **NOT** be used for blood collection.
6. Select the finger or thumb to be pricked, clean with the sterile swab provided and allow to air-dry.
7. The finger should be totally dry before the next step.
8. Remove the protective cap from the safety lancet.
9. Place the raised platform end of the safety lancet onto the finger. Firmly push the safety lancet to activate the lancet mechanism. A slight prick may be felt as the skin is punctured.
10. The side of finger near the nail sometime bleeds more easily and is less sensitive than the pad of finger
11. Gently massage the finger in the direction of the puncture site to obtain a drop of blood.
12. Draw your finger over the edge of the Blood Collection tube and allow the blood to be scraped off into the tube.
13. Each time you collect blood, tap the base of the tube on a surface, allowing the blood to collect at the bottom.
14. Squeeze finger until another large droplet forms on finger.
15. Scrape the blood droplet as before and tap the tube again.
16. Continue until the blood reaches the WHITE line on the tube.\*
17. When the blood has been collected, replace the cap.
18. Write your name on the label on the Sample Transport tube, place the Blood Collection tube inside and replace the cap.
19. Complete the Sample Request Form (SRF).
20. Put used lancet(s) into the disposal bag, placing it into the plastic clam-pack, with the Sample Transport tube and SRF.
21. Place the clam-pack into the pre-paid return envelope (UK only) and post to CNS asap.



*\*If the blood flow stops before the Blood Collection tube is full, it may be necessary to use the second safety lancet provided to make another puncture on a different finger.*

*Having followed these instructions, if you are still having difficulty, you can visit your GP or practice nurse, who can collect your blood as a venous sample into a plain serum or SST (contains a gel) 3ml collection tube. If your GP surgery only has heparin or EDTA tubes available, these can also be used.*

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