

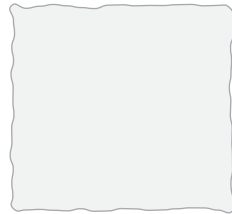


BLOOD DROP
with one drop, we can tell you everything



The Science of
Personal Healthcare

What is in your box



Alcohol swab



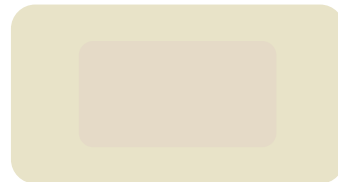
3 Lancets for creating blood drop



Blood drop collection cartridge



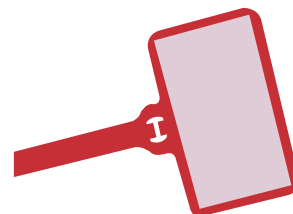
Moist wipes



Plasters

Name	
Surname	
D.O.B	
Date	
I.D. No.	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>

Collection cartridge label sticker



Collection cartridge label



Freepost return envelope

Tips for taking blood samples

Increase blood flow

Massage to warm the finger and increase blood flow by gently squeezing from hand to fingertip 5-6 times.

Try to give the correct amount of blood

if you squeeze too little or too much blood this may effect the blood analysis

Failed blood extraction

If the blood flow is not sufficient, wipe the area clean then try another finger

Sending us your sample

The best time to take a sample is in the morning so that it can be posted fresh and reach us the next day. Ideal time is between Monday to Friday.

Why do you need to wipe off the first drop of blood?

Studies show that the first drop of blood should not be used when the patient has not washed the hands. Use of the second drop of blood leads to reliable values when the finger is wiped by a tissue in between obtaining the two drops.

Do I need to use a new lancet each time

We strongly recommend the use of a new, sterile lancet every time you test. The tip of a new needle is sharp and precisely formed to ensure gentle lancing, but the tip can become dull or bent if used more than once.

Step 1

Getting Prepared to take your blood sample

Layout everything you need before you start



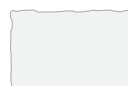
Alcohol swab



3 Lancets for creating blood drop



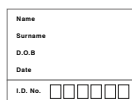
Blood drop collection cartridge



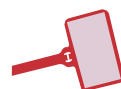
Moist wipes



Plasters



Collection cartridge label sticker



Collection cartridge label



Freepost return envelope

Select a finger

1. Wash your hands in warm water; this will help your blood flow.
2. Select a finger and use the alcohol wipe to clean it. Dry your finger with a clean tissue.



Step 2

How to collect blood sample

Using the lancets

1. Twist the stick off the first lancet. Don't worry, you won't see a needle.
2. Hold firmly against the side of your chosen finger and press the button on the top of the lancet. Wipe away the first drop of blood.



Massage finger

1. Massage the side of your finger to form drops of blood. Hold your finger against the collection tube and let the drops of blood slide in.
2. If your blood stops flowing, simply use a new lancet to prick the same or another finger.



Fill tubes to the top line

1. Fill each tube to the upper line marked on the side of the tube - do not under or overfill.
2. Apply the plasters provided.
3. Push the cap firmly on top of each tube, remembering to place the correct cap on each one.
4. Flip each tube 10 times but do not shake the sample tube.



Step 3

Pack & post your sample

Date & time

1. Complete the date and time on the named label and apply to the collection tube (one per tube) as shown.
2. Place the collection tubes back into their protective packaging.

Enclose lab request form

1. Place the lab request form with all the filled sample tubes (in their protective packaging) into the return envelope.

IMPORTANT - if this form isn't enclosed the lab won't be able to process your sample.



Before you seal

1. Review the checklist below and make sure you have included everything in the return envelope.
2. Seal the envelope and post, making sure you post on the same day the sample is taken.



checklist

- Correct caps on sample collection tubes
- Date and time completed on collection tube labels and all tubes placed inside protective packaging
- Enclose lab request form in return envelope with filled tubes

Now you are ready to seal the envelope.

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Once you have posted your envelope to the lab, log on to <http://blooddrop.co.uk/> and:

- input your 'sample sent' date - this will help us to keep track of your sample;
- answer a few simple questions about your health and lifestyle, which will help our doctors to interpret your results.

When your results are ready, your www.blooddrop.co.uk dashboard will come alive, making your results easy to understand and track over time.

result. track. optimise.