

STEP 1 TDL TINY™ SAMPLE COLLECTION



Sample collection instructions

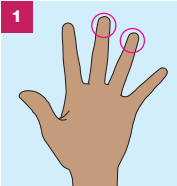
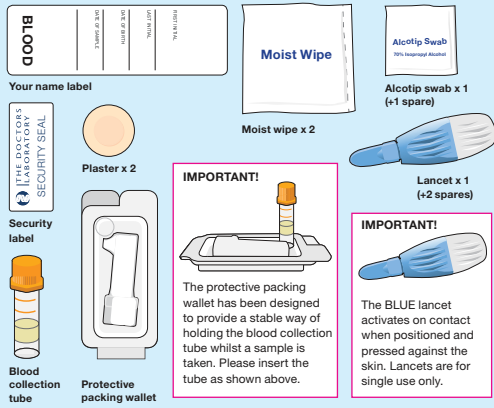
Please read these instructions first, slowly and carefully, the whole way through before attempting to collect your sample. A video showing how to collect your sample is available at www.haus.org.uk

Clearly complete the Name Label using a ball point pen with:

- Your First and Last Initial • Your Date of Birth • Date of Blood Collection

Do not affix the label to the blood collection tube until after collecting your sample. This is important as you will not be able to see how much blood you have collected if the label covers the sides of the tube.

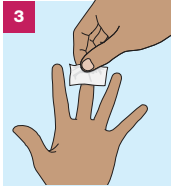
Your sample collection pack contents



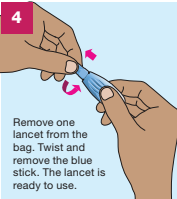
The best locations for collecting finger prick samples are from the 3rd or 4th finger of your non-dominant hand. This means if you are right handed, collect the sample from your left hand. Open your pack of lancets.



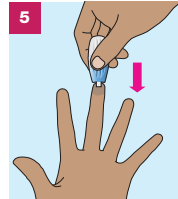
Wash your hands in warm soapy water. It is much easier to collect your sample if hands are warm. Dry them thoroughly with a clean, dry towel.



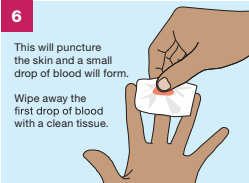
Using the Alcotip Swab clean the selected finger. Wipe dry with a clean tissue. Be sure your finger is completely dry as blood will not form a drop at the puncture site of a moist finger.



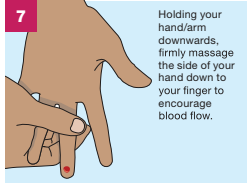
Remove one lancet from the bag. Twist and remove the blue stick. The lancet is ready to use.



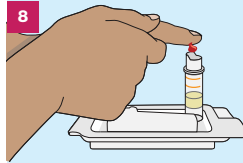
Position the lancet against the end of your finger. The lancet will activate in one step only when positioned and pressed FIRMLY against the skin. Should you need to repeat the process to help obtain enough blood use one of the remaining lancets. Stand up rather than sit down when collecting your blood drops



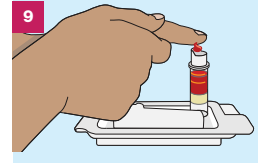
This will puncture the skin and a small drop of blood will form. Wipe away the first drop of blood with a clean tissue.



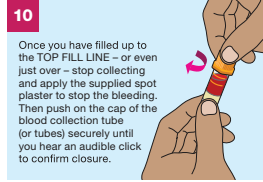
Holding your hand/arm downwards, firmly massage the side of your hand down to your finger to encourage blood flow.



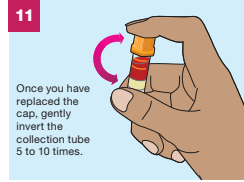
Take your finger with the other hand and gently milk your hand and finger to help the blood drop into the blood collection tube as shown.



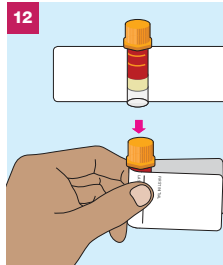
Fill the blood collection tube to the upper line on the side of the tube. NB: If you are unable to collect enough blood use the second lancet on another finger on the other hand. Alternatively, try wiping your finger you have been using with a dry tissue. Pause for 5-10 seconds and blood drops are likely to reform, and you can start collecting again.



Once you have filled up to the TOP FILL LINE – or even just over – stop collecting and apply the supplied spot plaster to stop the bleeding. Then push on the cap of the blood collection tube (or tubes) securely until you hear an audible click to confirm closure.



Once you have replaced the cap, gently invert the collection tube 5 to 10 times.



Make sure your tube(s) is labelled with your details using the label supplied in your pack. This is very important as unlabelled samples cannot be accepted.

Affix the label by placing the tube in the middle of the label and wrapping the label around the tube, as shown below.

Place the collection tube in the protective packing wallet provided.



Inside the self addressed, post paid mailer, please insert:

- the protective packing wallet containing the blood collection tube(s)
- used lancet(s)

Please run through the checklist below before returning samples.

CHECKLIST

Before you return your samples please tick off the contents of the white self addressed post-paid mailer.

- Completed Request form
- Blood collection tube(s) in the protective packing wallet
- Used lancets

You are now ready to seal the white self addressed post-paid mailer.

Please post your samples to The Doctors Laboratory as soon as possible from ANY Royal Mail post box in the UK. No stamp is required within the UK.

If you need assistance please contact The Doctors Laboratory on 020 7307 7373 or email samples@tdlpathology.com. If you wish to return your lancets please enclose with your samples.

PLEASE TURN OVER TO FIND
OUT WHAT HAPPENS NEXT



The Doctors Laboratory

60 Whitfield Street, London W1T 4EU

Tel: 020 7307 7373 Fax: 020 7307 7374

E-mail: tdl@tdlpathology.com Website: www.tdlpathology.com

Once you are finished, all you need to do is put it into a postbox, and you will usually be contacted with your results within five working days.

If you are concerned because you have not heard back about your test result, please contact the research team – their contact details are on the information sheet you were provided when you were given the kit.

You will usually be contacted about your results through a text to your mobile phone, but if you do not have a mobile, or there is a problem with the sample, or if the test is reactive (meaning that you may have HIV), you will get a call from a health advisor who will advise you what to do next. If that is necessary, they will arrange for further testing and can put you into contact with local organisations that can provide you with any information and support you require. There is a lot they can do to give support and information to people in that situation, and people with HIV need to know that this is now a very manageable illness.

You should keep hold of your information sheet which has our contact details and your unique ID study number.