



CharterMedical

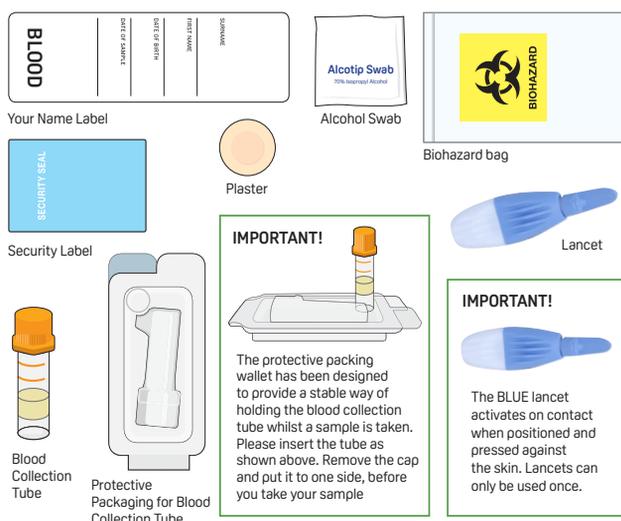
Instructions

SERUM SAMPLE COLLECTION

Please read the instructions first, slowly and carefully, the whole way through before attempting to collect your sample.

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 side of the tube.

Your sample collection pack contents



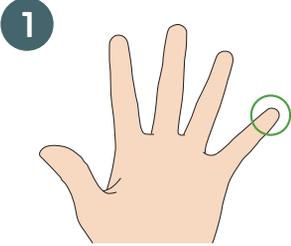
To successfully return your sample

Complete the checklist below, before you return your sample in the pre-paid package.

- Correctly completed request form
- Sealed biohazard bag containing:
 - Blood Collection tube in the protective packaging
 - Used lancets

You are now ready to seal the white self-addressed FREEPOST return box. Please post your samples as soon as possible from any An Post box.

No stamp is required within the Republic of Ireland.

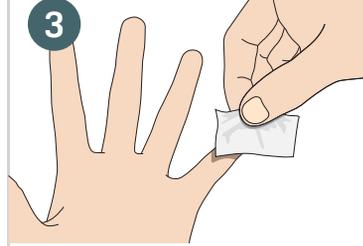


Best location for collecting finger prick samples are from **the side** of your little finger.



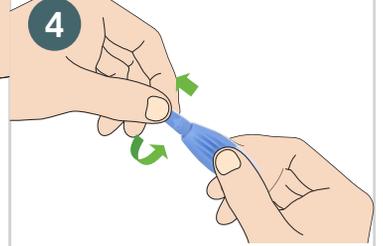
Wash your hands in warm soapy water. Dry them thoroughly with a clean, dry towel.

It is much easier to collect your samples if hands are warm.



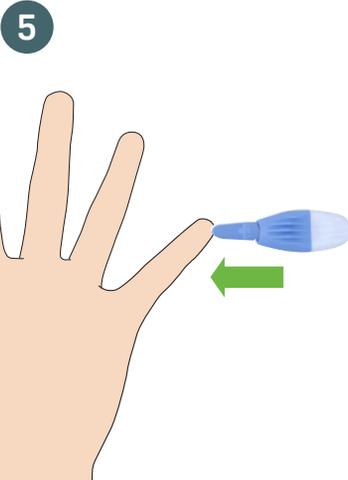
Use the alcohol swab, clean the selected little finger. Wipe dry with a clean tissue.

Be sure your finger is completely dry as blood will not form a drop at the puncture site of a moist finger.



Remove one of the lancets from the bag. Twist and remove the blue stick. The lancet is ready.

Remove the collection tube cap and put it to one side and stand the tube in the protective packaging wallet.

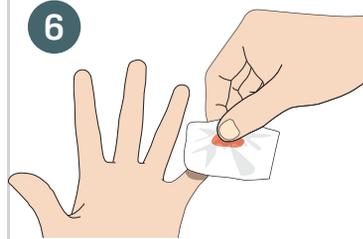


Position the lancet against the side of the little finger.

The lancet will activate in one step only when positioned and pressed **FIRMLY** against the skin.

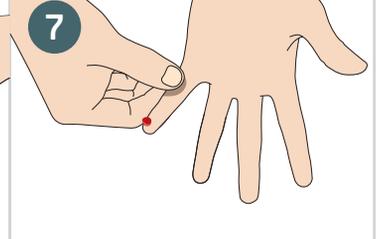
Should you need to repeat the process to help obtain enough blood use one of the remaining lancet.

Stand up rather than sit down when collecting your blood drops.

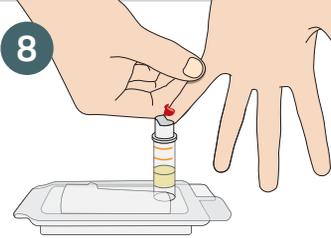


This will puncture the skin and a small drop of blood will form.

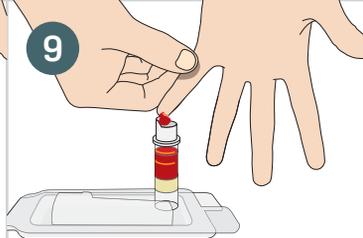
Wipe away the first drop of blood with a clean tissue.



Holding your arm or hand downward, firmly massage the side of your finger to encourage blood flow.

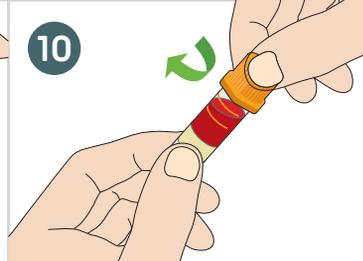


Take your little finger with the other hand and gently massage your finger to allow drops of blood begin to flow and drop into the blood collection tube.

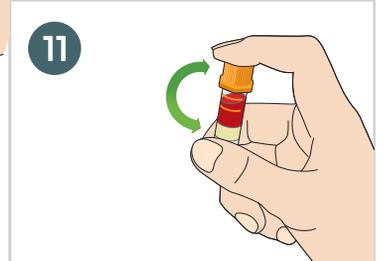


It is important to fill the collection tube to the Top fill line.

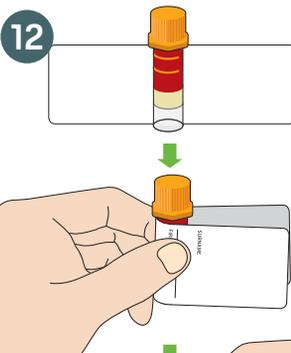
If you are unable to collect enough blood, use the second lancet on your little finger on the other hand. Alternatively, try wiping the little finger you have been using with a dry tissue. Pause for 5-10 seconds and blood drops are likely to reform, and you can start collecting again.



Once you have filled up to the **TOP FILL LINE** – or just over – Stop collecting and apply the supplied spot plaster to stop the bleeding. Then push on the cap of the blood collection tube securely until you hear an audible click to confirm closure. Ensure there is no blood contamination on the outside of the tube.



Once you have replaced the cap **gently** invert the collection tube 5-10 times.



Make sure your tube is labelled with your details using the label supplied in your collection pack.

This is very important as unlabelled samples cannot be processed.

Affix the label by placing the tube in the middle of the label and wrapping the label around the tube.

Place the collection tube in the protective packaging wallet provided.



Insert the protective packaging wallet into the biohazard bag.



Place **all** your sample(s) in the one Bio-hazard bag provided. Include the request form in the FREEPOST return box. Seal the box with the security label and post in any An-Post post box.

Please run through the checklist before returning your sample.