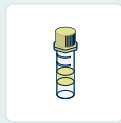


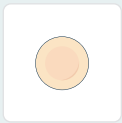
# Instructions

See our instructions video  
[www.gov.uk/taking-antibody-blood-sample](http://www.gov.uk/taking-antibody-blood-sample)

## What's in your kit?



Collection tube



Plaster x2



Alcohol wipe



Cleansing wipe



Lancet x3



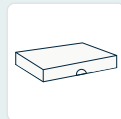
Mailer



Tube label  
(on return form)



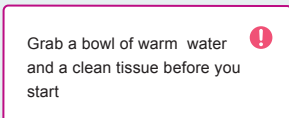
Clear plastic bag



Cardboard box



Return form



Grab a bowl of warm water and a clean tissue before you start

## PREPARE AND SET UP

Before starting, make sure you...

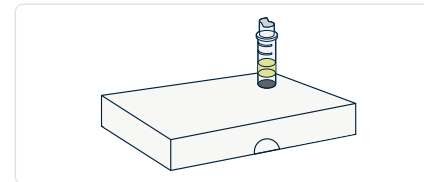
- ✓ **Read these instructions in full**
- ✓ **Watch how to do your test**  
Go to [www.gov.uk/taking-antibody-blood-sample](http://www.gov.uk/taking-antibody-blood-sample)
- ✓ **Drink lots of water**  
**Being hydrated is the best thing you can do** to prepare — drink 2 glasses of water at least 30 minutes before your test.
- ✓ **Set aside enough time**  
Give yourself about 30 minutes to prepare, get set up, and collect your sample — especially if it's your first time.
- ✓ **Do some light exercise**  
Do jumping jacks, or swing your arm and clench your fist for a minute (if it's safe for you to do so) — this helps get your blood moving.

Do not do your test, or post your test, on a Saturday – it might sit in the post too long. Any other day is fine.



### 1. Prepare

1. Check that the kit is **addressed to you** before starting.
2. Lay your kit out on a low table.
3. Grab a clean tissue and a bowl of warm water.
4. Wash your hands with soap for 20 seconds and dry with a clean towel.



### 2. Set up

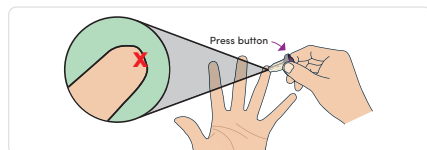
1. Remove the cap from the tube.
2. Stand the tube upright using the slot in the **top of the cardboard box**.
3. Prepare the plaster so that it's ready to pop on your finger.



### 3. Get blood flowing

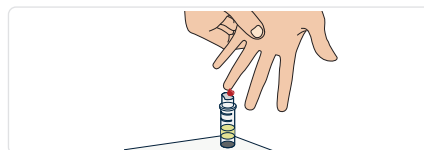
1. Put your **whole hand in a bowl of warm water** (about bath water temperature) for 2 minutes. Then dry your hand with a clean tissue.
2. Stand up for the whole process (but if you feel faint, sit down - and if you live with someone, ask for their help). Your hand must be lower than your elbow to keep the blood flowing.

## COLLECT YOUR SAMPLE



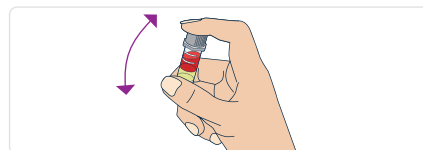
### 1. Use the lancet

1. Clean your finger with the alcohol wipe — we recommend using your ring finger on your non-dominant hand.
2. To remove the protective tip at the bottom of the lancet: **twist the tip (one full turn)** and then **pull it all the way out**.
3. Place your hand face up on a hard surface (like a table top).
4. Press the lancet down on the outer centre of your fingertip.
5. **Press down firmly** on the purple **button until you hear a click**. You can only use each lancet once.



### 2. Fill the tube

1. Wipe away the first drop of blood with a clean tissue.
2. **Massage your hand firmly** in a downward motion every 3 to 4 seconds. Start from your palm and work down your finger. But **do not squeeze the piercing** or it might ruin your sample.
3. If the blood stops flowing, use pressure to wipe the pricked finger to stimulate blood flow. If this does not work, and it's been **more than 2 minutes**, **re-warm your hand** and prick another finger using a new lancet.



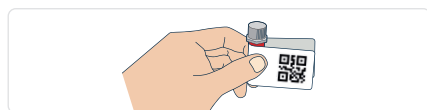
### 3. Mix the tube

Fill the tube to the **600 line**. If you only fill to the 400 line, that's OK. Place the cap onto the tube. Push it **on until it clicks**.

1. Gently **turn the tube upside down at least 10 times**. Make sure the blood touches the sides of the tube.
2. Do not worry if the blood solidifies when it's mixed. This is supposed to happen.
3. Apply pressure on finger to stop the bleeding, clean with a cleansing wipe, and apply a plaster.
4. Clean up any blood spills immediately and disinfect the surrounding area.

## LABEL AND POST

1. **Peel your tube label** from the return form and **wrap** around your tube. Make sure the printed code is visible.
2. Get the clear plastic bag labelled 95 kPa Specimen transport. Put **the tube and lancets through the slot** — found in between the



yellow sticker. With the upper part of the bag flat, **remove the sticker and fold the flap** onto the sticky backing. **Seal well** by pressing from the centre to the outside.

3. Fill in the **date and time on your return form**. Put the form and



clear plastic bag (containing tube) into the box your kit arrived in and close. Put the box into the prepaid mailer.

4. **Post your sample in a priority postbox** with the NHS logo. Find your nearest priority postbox at [www.royalmail.com/services-near-you](http://www.royalmail.com/services-near-you). If you're not able to safely get to a priority postbox, use your local postbox.

### Symbols

|  |                                    |  |                              |
|--|------------------------------------|--|------------------------------|
|  | Keep away from sunlight            |  | Consult instructions for use |
|  | Keep away from rain                |  | European Conformity          |
|  | Do not re-use                      |  | Manufacturer                 |
|  | Temperature limit 25°C             |  | Batch code                   |
|  | In vitro diagnostic medical device |  | Check tubes for use-by dates |

- ! This is an in vitro diagnostic medical device.
- Only use the equipment provided in your kit.
- This test must be carried out and labelled by the person who ordered the test.
- Watch out for signs of infection. If your wound site becomes red, hot, or swollen, seek medical advice.
- This kit is for people aged 18 and above.
- Apply firm pressure and raise your hand if bleeding does not stop. If this does not work, seek medical advice.
- If you feel faint, lie down and raise your legs. If you continue to feel unwell, seek medical advice.
- Risk of increased bleeding is higher if you take anticoagulation medication.
- Keep kit away from children, animals, sunlight, fire and smoking.
- Do not post your sample if temperature is above 25°C outside.
- It's highly unlikely, but there is a small risk of complications — including scarring, a haematoma (collection of blood), nerve damage, and necrosis (premature death of skin cells).

### ! Cannot get enough blood?

For help go to [www.gov.uk/taking-antibody-blood-sample](http://www.gov.uk/taking-antibody-blood-sample). If you need to dispose of a partial sample, use the instructions to pack it up as you would with a normal sample (including the envelope). Then dispose of it all in household waste.