

# HOW TO COLLECT YOUR BLOOD SAMPLE

## What you will need



Alcohol  
wipe



Safety  
lancets (x3)



Collection  
tube



Tube holder



Bandage



Transport bag

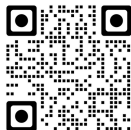
*You'll also need a clean tissue –  
grab one before you start.*

## Before you start

- Drink a large glass of water 30 minutes before you start. This makes collecting blood easier.
- Having warm hands really helps! Wash them in warm water or take a warm shower before you start.
- Get your blood flowing! Swing your arms in a circular motion and clench and relax your hands.

## Helpful tips

- Scan this QR code with your cell phone camera for videos and tips to help you collect your blood sample.
- Stand up to take your blood sample, if you can.
- Feeling nervous? Ask someone to help.



## Instructions

- 1 Wash your hands with warm water. Then unpack the kit on a clean surface.
- 2 Remove the lid from the collection tube. Place the tube into the cardboard tube holder to keep it steady.
- 3 Clean your finger with the alcohol wipe. Twist the tip of the safety lancet to remove the cap.
- 4 Hold the safety lancet on the side of your fingertip. Push firmly until it clicks, and you feel a short, sharp prick. **The lancet only works once.**
- 5 Wipe away the first drop of blood with a clean, dry tissue.
- 6 Gently massage the finger from the base to the tip (using a milking motion) and allow drops to fall into the tube.
- 7 Fill the collection tube to the 600 line (at least above 400). Both lines are shown on the side of the tube.
- 8 If you can't get enough blood with one finger, use a spare lancet to try another finger (or two).
- 9 Put the bandage on your finger. Press the cap onto the collection tube until it clicks. **Please wipe away any blood from the outside of the tube.**
- 10 Gently turn the collection tube upside down three times. Place it into the transport bag, fold the top of the bag over and seal it.

