

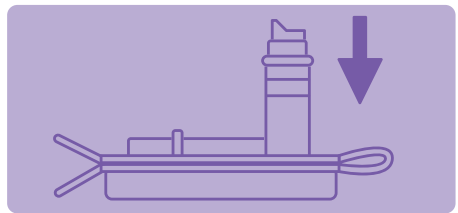
01 **Hydrate**

Make sure you're hydrated! It's much easier to take a sample when you've had plenty of water to drink.



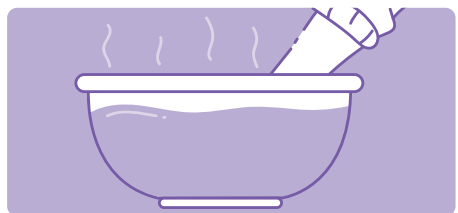
02 **Components**

Lay your self-collection kit components out on a table or countertop and put the blood tube(s) into the holder, in the open clamshell tray.



03 **Soaking**

Submerge the hand you're going to take a sample from into a bowl or sink of warm water for a few minutes.



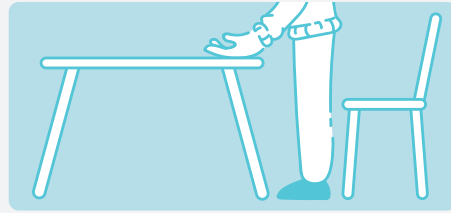
04 **Washing**

Wash your hands in warm, soapy water. When you've finished, dry them thoroughly.



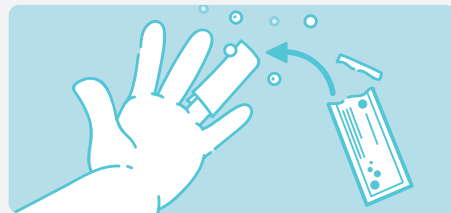
01 **Getting into position**

Stand up if you can and try to keep your hand below your elbow to help with the blood flow.



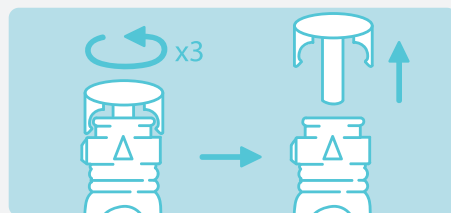
02 **Clean selected finger**

Place your hand down on the table or countertop, with your palm facing up. Give the top of your ring finger a good wipe with the alcohol swab.



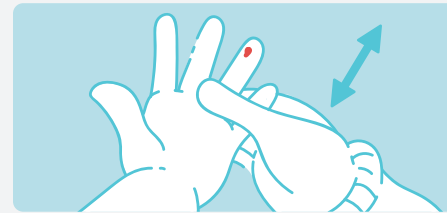
03 **Using the lancet**

Pick up one of the lancets from the kit and twist the grey tab 360 degrees and pull it out. Be careful not to press down on the switch until you're ready. If you're right handed, it's easiest to prick a finger on your left hand. **Left handed people prick a finger on your right hand.**



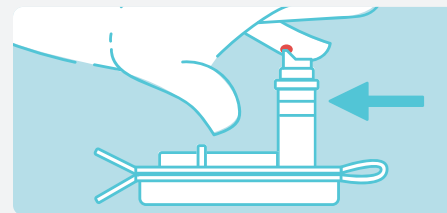
04 **Prepare your finger**

Press the lancet down into the top corner of your ring finger and press the switch. Wipe away the first bit of blood with the included gauze and start to massage your finger in a downward motion towards the last joint before your nail.



05 **Taking your sample**

When drops of blood begin to form, touch them against the raised lip on the blood tube and gravity will take care of the rest. Keep doing this until you reach the second line with '600' beside it. If your blood flow starts to slow down, place your hand back in the warm water for a few minutes and repeat the steps above with your middle finger.



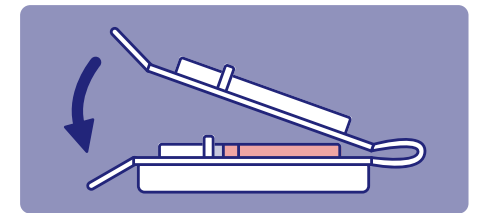
06 **Close and invert**

Once you've taken your sample, wash your hands again and use a plaster, if needed. Place the lid back on the tube and press down firmly until you hear a click. Invert the sample around 10 times to make sure your blood and the gel have made



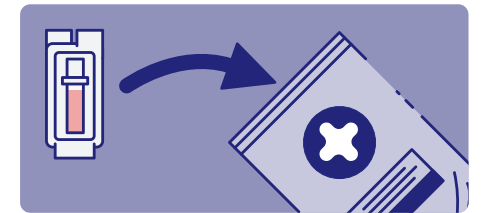
01 **Secure your sample**

When you've taken your sample, you can place the filled tube inside the clamshell tray and close the lid.



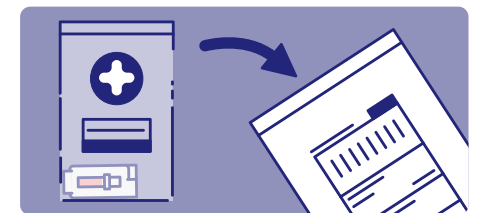
02 **Pack your sample**

Drop the welcome card containing your barcode into the sample collection bag along with the clamshell tray containing your sample(s).



03 **Post your sample**

Place the sample collection bag into the return envelope, seal it and post it as soon as possible. We recommend that you post it early in the week, so it reaches us before the weekend.



It's as easy as that, that's all there is to it.

Give yourself a pat on the back as the hardest bit is done!

