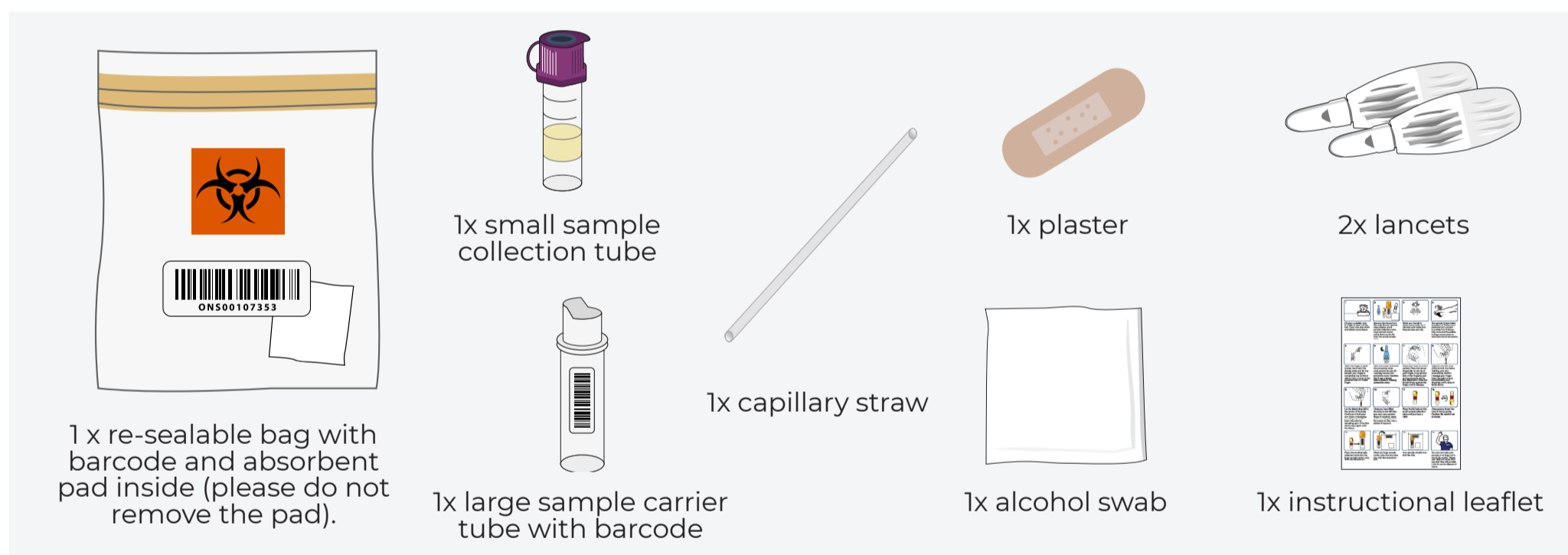


## IMPORTANT INSTRUCTIONS

### How to take your capillary blood sample

1. Your study worker will either provide you with the blood sampling kit when they arrive to carry out your visit or this will be posted to you before your visit. If you get your kit through the post, please do not use it before the study worker calls on the day to confirm their visit time.
2. Please ensure you have read these instructions carefully before your visit so that you are fully prepared.
3. This kit may be used only by adults 16 years and over.
4. Please ensure you are seated in a safe and stable seating area (not a stool), throughout the process. If you start to feel unwell, lie down on the floor until you feel better.
5. This is a blood sampling kit for personal, single use only. Do not re-use the lancet and do not share with other members of your household.
6. Unfortunately, it is not possible to analyse blood samples that contain less than the required amount of blood. Fill to the top line.
7. Do not take your blood sample immediately after strenuous physical activity.

#### Your sample pack contents:

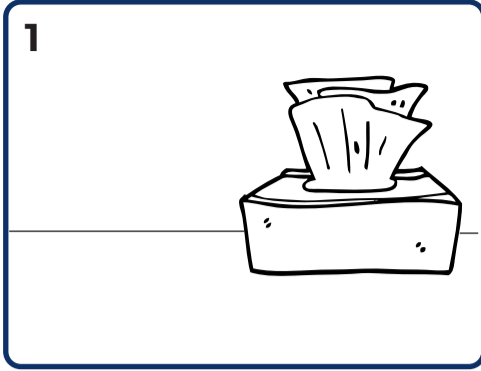


#### Before you start:

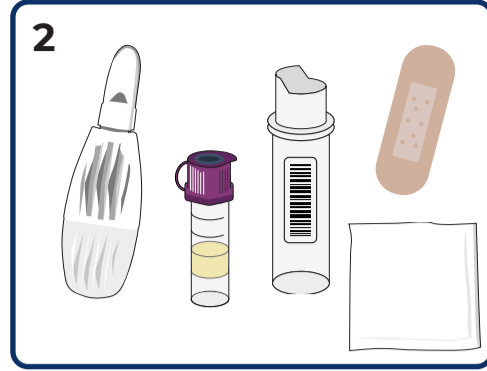
1. To make sample collection as easy as possible, please ensure you are well hydrated. Drink at least two large glasses of water, 30 minutes before your appointment.
2. Additionally, soak your hands in warm water for 2-3 minutes, just before your appointment. Warm hands improve circulation and blood flow.
3. Place all contents of the test kit on a clean, flat surface and choose which finger you will be taking your sample from. Do not use your thumb or little finger.

**Remember, our Study Worker is just outside so if you have any questions, please ask them!**

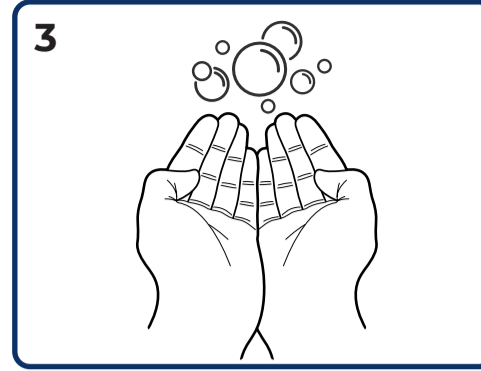
**If you have symptoms of COVID-19 and require immediate testing and results, please contact your GP or NHS 111, or follow the local arrangements in place for testing.**



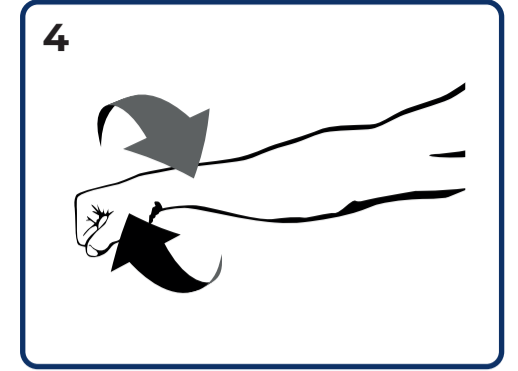
**1**  
Choose a suitable area in which to carry out the test. Clean this area down and obtain some tissue.



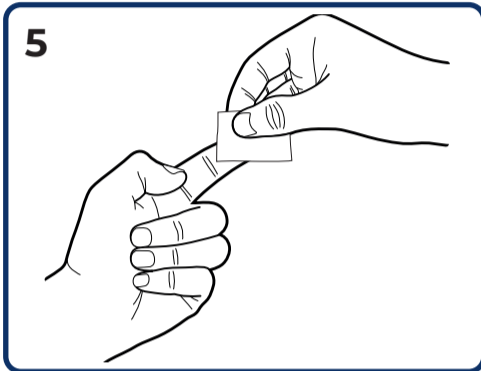
**2**  
Remove the items from the pack (lancet, alcohol wipe, plaster, small sample collection tube, large sample carrier tube). Remove the lid from the small sample tube.



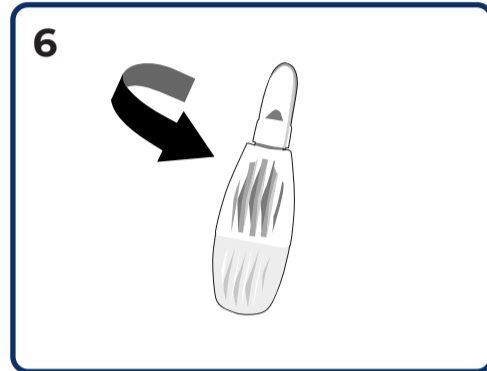
**3**  
Wash your hands in warm soapy water for 2 minutes and make sure they are nice and dry.



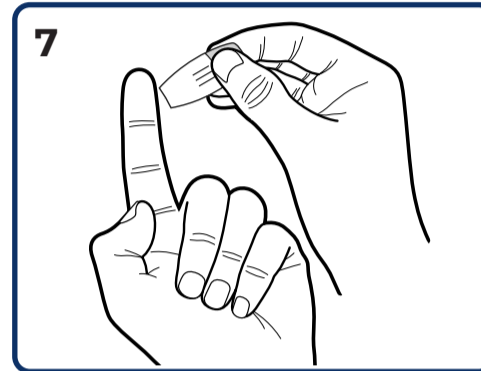
**4**  
Swing your preferred arm around in a circle 5 to 10 times, fully extended if possible, in large movements to stimulate blood circulation.



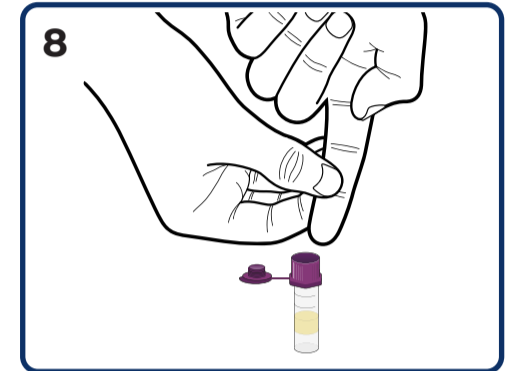
**5**  
Wipe the finger on your chosen hand with the Alcotip swab and let dry. Be sure your finger is completely dry as blood will not form a drop at the puncture site of a moist finger.



**6**  
Take the lancet. (1) Rotate the protective cover once around its axis. (2) Carefully remove the protective cover. **Caution: Don't use a lancet with a loose or missing protective cover.**



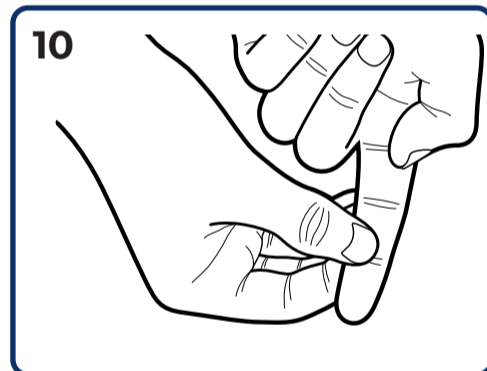
**7**  
Place your hand on a firm surface. Place the lancet diagonally on the tip of your finger. Only use the side of the fingertip pad as the puncture site for less discomfort. Press the lancet firmly against the finger until it releases.



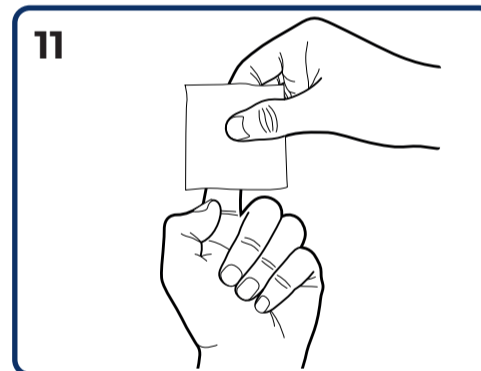
**8**  
Wipe off the first drop of blood with the tissue. Holding your arm downwards, GENTLY massage your finger from the palm of your hand towards your fingertip until a drop of blood forms.



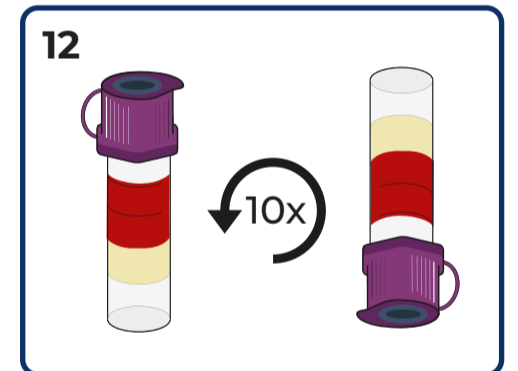
**9**  
If you are struggling to get the blood into the tube, you can use the capillary blood straw. Ensure the capillary blood straw is in the sample collection tube and lightly touch the drop of blood onto the straw. Allow the blood drop to be drawn into the sample collection tube.



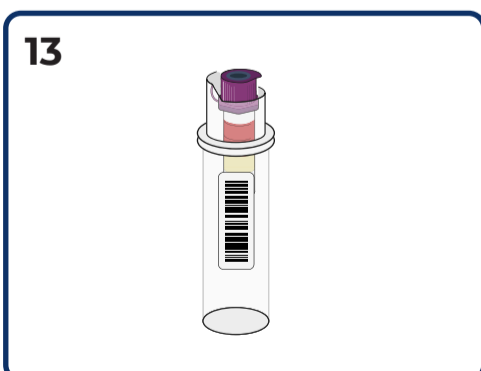
**10**  
If the flow slows, wipe with a tissue and continue to hold your arm down, massaging your finger from the palm towards the sampling pot.



**11**  
Once you have filled the tube to the top line (you can use a second finger if needed), apply pressure using tissue to the puncture site. Use a plaster if required.



**12**  
Place the lid back on the small sample collection tube until you hear a 'click'. Once secure, invert the tube 10 times gently. **Caution: Be careful not to shake.**



**13**  
Place the small sample tube into the large sample carrier tube with the barcode on. **Please note: If you were not able to get any blood into the sample collection tube, please let the study worker know.**



**14**  
Place the large sample carrier tube into the clear bag with the absorbent pad.



**15**  
Once your sample is inside, please remove the adhesive strip and seal the bag. Do not remove the absorbent pad.



**16**  
You can now take your sample, in its bag, out to the study worker. The lancet and any other waste you have, can be disposed of in your own bin.