

# TDL Tinies™ & Self-collection samples



THE DOCTORS  
LABORATORY

## TDL TINY™ SAMPLE COLLECTION

### Sample collection instructions

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

Clearly complete the Name Label using a ball point pen with:

• Your Surname • Your Date of Birth • Your First name • Date of Blood Collection

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 sides of the tube. Sample self-collection is carried out at an individual's own risk.

### Your sample collection pack contents

**Moist wipe x 2**

**Alcotip swab x 1 (+1 spare)**

**Your name label**

**Blood collection tube**

**Lancet x 1 (+2 spares)**

**Plaster x 2**

**Protective packing wallet**

**IMPORTANT!**  
The protective packing wallet has been designed to provide a stable way of holding the blood collection tube whilst a sample is taken. Please insert the tube as shown above.

**IMPORTANT!**  
The BLUE lancet activates on contact when positioned and pressed against the skin. Lancets are for single use only.

**1**

The best location for collecting finger prick samples are from the side of your little finger. Open the pack of lancets.

**2**

Wash your hands in warm soapy water. **It is much easier to collect your sample if hands are warm.** Dry them thoroughly with a clean, dry towel.

**3**

Using the Alcotip Swab clean the selected little finger. Wipe them thoroughly 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.**

**4**

Remove one lancet from the bag. Twist and remove the blue stick. The lancet is ready to use.

**5**

Position the lancet against the side of your 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 lancets. **Stand up rather than sit down when collecting your blood drops**

**6**

This will puncture the skin and a small drop of blood will form. Wipe away the first drop of blood with a clean tissue.

**7**

Holding your hand/arm downwards, firmly massage the side of your hand down to your little finger to encourage blood flow.

**8**

Take your little finger with the other hand and gently milk your hand and little finger to help the blood drop into the blood collection tube as shown.

**9**

Fill the blood collection tube to the upper line on the side of the tube. NB: 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.

**10**

Once you have filled up to the TOP FILL LINE – or even just over – stop collecting and apply the supplied spot plaster to stop the bleeding. Then push on the cap of the blood collection tube (or tubes) securely until you hear an audible click to confirm closure.

**11**

Once you have replaced the cap, gently invert the collection tube 5 to 10 times.

**12**

Make sure your tube(s) is labelled with your details using the label supplied in your pack. **This is very important as unlabelled samples cannot be accepted.** Affix the label by placing the tube in the middle of the label and wrapping the label around the tube, as shown below. **Place the collection tube in the protective packing wallet provided.**

**13**

Place inside the Test Kit Box:

- the protective packing wallet containing the blood collection tube(s)
- used lancet(s)

Please run through the checklist below before returning samples.

**14**

Close the Test Kit Box and place the Test Kit Box into the self-addressed post-paid mailer.

## CHECKLIST

Before you return your samples please tick off the contents of the self-addressed post-paid mailer.

- Completed Request form
- Blood collection tube(s) in the protective packing wallet
- Used lancets
- Place all of the samples into the Test Kit Box

You are now ready to seal the self-addressed post-paid mailer. Please post your samples to **The Doctors Laboratory** as soon as possible from **ANY** Royal Mail post box in the UK. No stamp is required within the UK.

If you need assistance please contact The Doctors Laboratory on 020 7307 7373 or email [samples@tdlpathology.com](mailto:samples@tdlpathology.com). If you wish to return your lancets please enclose with your samples.

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