

## Capillary Blood Collection Guide

---

1. Ensure you are well hydrated, and hands have been washed with warm soapy water for at least 5 minutes before collection. This will ensure adequate blood flow to the fingertips.
2. Open the mini test pack. Select the finger you wish to collect from. Please note it may be easier to collect a sample from the non-dominant hand, thumb, or ring finger.
3. Please ensure to clearly state the **date and time** of sample collection on the provided card.
4. Prepare the collection microtainer. Ensure the container is appropriately labelled. Unscrew the lid and position on a clean, flat surface.
5. Twist and remove the thin cap from the lancet. It is now ready to use.
6. Position the lancet on the tip of the chosen finger. Press down quickly and firmly until you hear a click. Please note, this may feel like a brief sharp pinch. Wipe away the first droplet of blood.
7. Position the hand downward over the microtainer, massaging the finger towards the tip to form new droplets of blood. Do not squeeze the tip of the finger.
8. Lightly tap the droplets off the side of the microtainer until there is sufficient volume, as marked on the outside of the collection microtainer.
9. Secure the cap tightly back on the collection microtainer.
10. Wash hands thoroughly in warm soapy water, if there is any residual blood from the puncture site, cover with a plaster.
11. Please follow the instructions provided for sample postage to the laboratory.



**Note:** Disposal of Materials used in the collection process.

Please dispose of used lancets in the normal bin. They are safe as they have retractable blades and are not needles.