

Instructions for sample collection

Important to know before taking the sample!

1. Read through all the steps in these instructions before performing the blood collection.
2. Be aware the lancets (surgical needles encased in plastic) are single use and need to be activated **only** when placed against your skin.
3. Do not attempt to **dismantle** the lancets (surgical needles encased in plastic).
4. Place all used and unused lancets in the envelope and **return** to the laboratory for safe disposal.
5. Should you need **assistance**, please contact your practitioner.

Getting everything ready.....

Working on a **clean** surface, unpack the contents of the collection kit:

- Blood collection tube with sample number
- Lancets (surgical needles encased in plastic)
- Plaster
- Sterile swab
- Patient Details & Consent form with sample number
- Plastic bag

Admin

1. Complete and sign the **Patient Details & Consent** form.
2. Ensure the **sample number** on the collection tube corresponds with the number on the form.
3. OPTIONAL: Write your **name** and **surname** clearly legible in permanent ink on the tube.



Taking the sample

1. Wash your hands with warm water and soap. Dry completely.
2. Open the blood collection tube, stand the open tube upright and place the cap upside down.
3. Using the swab, wipe the whole fingertip (ring or middle finger) and allow to dry.
4. Twist and pull the thin protruding plastic safety seal from the lancet.
5. Place the open-end tip of the lancet on the finger and firmly press down on the lancet trigger.
6. Stand up, hold your hand below your waist and gently massage your finger towards the puncture site to encourage blood flow.
7. Wipe the first droplet of blood away.
8. If needed, continue to massage the finger from the base to obtain more blood.
9. Draw your finger over the inner rim of the tube to scrape the blood off into the tube.
10. If necessary, gently tap the tube to allow the blood to fall to the bottom of the tube.
11. Continue filling the tube up to the white line.

If you have difficulty in filling up the tube, repeat steps 4 to 11 on another finger with the second lancet.

12. Securely press the cap back onto the blood tube. A click must be heard.
13. Wipe the fingertip clean and apply the plaster provided.
14. Return the sample, form and both lancets to the kit box.
15. Place the collection kit box into the plastic bag provided and seal.
16. Ideally, store the bag in the refrigerator (2-8°C) until collection. Please do not freeze.

Off to the lab!

- Return the bag to your practitioner or contact orders@optiway.co.za to arrange a courier.
- You can also drop off the sample or use your own courier.



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