



How to do an accurate finger prick blood test

It's essential to follow the instructions carefully

If the test fails, it's always because the instructions weren't followed and we can't replace the kit, so it would be a big waste of your money, time and effort. If you follow these to the letter, your test will be easy and quick.

Important: Collect your sample first thing in the morning before breakfast or taking any supplements.

Pre-preparation:

Remove and lay out all the kit contents on a flat surface, and remove any packaging. Read all the instructions carefully.

Watch this [video](#) on how to use the lancets.

Don't throw away the box - you'll need this for posting it back.

Don't touch the collection card!

Staying well-hydrated can help maintain good blood circulation. Drink water before the test to ensure your body is adequately hydrated.

Step 1: Prepare the blood flow for an easy test.

1. Warmth: Gently warm the hand with hot water or hold it under warm running water for a good few minutes. Warmth helps dilate blood vessels and improve blood circulation. Or use a warm compress or hot water bottle on the chosen finger for a few minutes.

2. Gravity: Stay standing up throughout. Let your arm hang down by your side for a minute or so before the test. This can encourage blood to pool in the fingers, making it easier to obtain a blood sample.



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3. **Massage:** Gently massage the finger you'll be pricking, we suggest your ring finger. This can stimulate blood flow and make it easier to get a sample. But don't overdo the massage as this can affect the result.
4. **Rotate Finger:** If possible, rotate your hand to encourage blood to flow toward the finger you'll use for the test. Sometimes, a change in position can help increase blood flow.
5. **Avoid Cold Conditions:** Cold temperatures can cause blood vessels to constrict and reduce blood flow. Try to keep the environment warm while preparing for the test.
6. **Avoid Excessive Pressure:** While you might be tempted to squeeze your finger tightly before the test, excessive pressure can decrease blood flow. Gentle stimulation is more effective.
7. **Relaxation:** Taking slow, deep breaths and remaining calm can help reduce tension, improving blood flow.
8. **Use Different Finger:** If one finger isn't providing enough blood, you can try a different finger. The kit includes several lancets. We suggest using your ring finger, followed by your middle finger. You're likely to get the most blood from them. The sides of the fingertip generally have more blood vessels close to the surface and fewer nerve endings so it's less painful.
9. **Finger Tapping:** Gently tapping the finger you'll use for the test can encourage blood to flow to the surface.
10. **Exercise:** Run up and down the stairs a few times or do 10 star jumps to get your heart pumping.

Step 2: Collect the blood on the card

1. Twist the cap off one of the lancets.



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2. While standing up, push the end of the lancet into the side of your ring finger and squeeze the button.

Note: prick the side of your finger, you'll feel the poke much less here as there are fewer nerve endings.

3. Wipe away the first sign of blood with the wipe.

4. Drop a single drop of blood in each circle on the sample card.

Note: Do not press the finger on the sample card (see below for more explanation). Gently touch the card to the blood drop without applying pressure. Allow the card to absorb the blood naturally and thoroughly, without any force.

5. Massage the finger towards the tip of the finger if you need to help blood flow. Use the spare lancet if necessary to repeat step 2 on your middle or index finger.

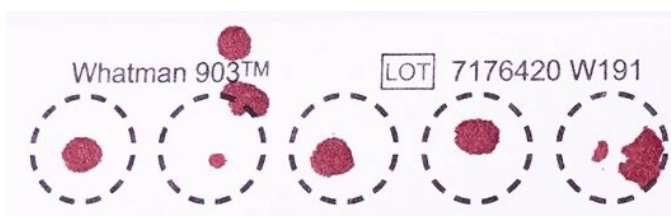
6. Use the plaster to stop the bleeding.

Note: Plasters are latex-free but be careful of other allergies.

It should look like this:



It should NOT look like this:





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Why it's important not to press your finger on the card:

Blood collection cards are designed to absorb a specific amount of blood in a controlled manner. Here's why you shouldn't press your finger onto the blood collection card:

1. **Saturation Control:** Blood collection cards have a specific area for absorption. The card is designed to pull a precise amount of blood into the absorbent material. Pressing your finger onto the card can saturate the card unevenly or with too much blood, making it difficult to control the sample size accurately.
2. **Over-saturation:** Pressing your finger onto the card can lead to over-saturation, where the card becomes too wet with blood. This can cause the blood to spread, potentially compromising the quality of the sample and making it challenging to analyse.
3. **Potential for Hemolysis:** Hemolysis occurs when blood cells break open, releasing their contents into the sample. Applying pressure while pressing your finger onto the card can cause cell rupture and release haemoglobin and other substances into the blood sample, affecting the accuracy of the analysis.
4. **Clot Formation:** Pressing your finger onto the card can disrupt the normal blood flow and might cause clot formation within the sample. Clots can interfere with the testing process and lead to inaccurate results.

Step 3: Get the card ready to post.

1. Leave the sample card to dry for at least 10 minutes before folding.
2. Seal the sample card and desiccant inside the zip lock bag.



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Step 4: Activate your kit on the portal (IMPORTANT)

1. Find your activation code on the sample card.
2. Go to the Neovos portal and register with your activation code. Make sure you input the code correctly. Double-check it!

Note: If you don't activate your kit, the laboratory doesn't know who it belongs to and can't process it. If the test is sent without activating it, we can't provide a replacement test.

3. You'll receive an email to say the test has been activated.

Step 5: Post it to the laboratory

1. Put the collection card in the ziplock bag with the desiccant into the return box and seal using the sticker provided.
2. Drop it at any Royal Mail postbox, the return is prepaid.
3. You'll receive an email to confirm the lab has received your test.

Step 6: Receive your results

1. You'll receive an email once your results are ready. For data security, you'll need to log in to the Neovos portal (where you activated your kit) to see and download your results.
2. Your results will include recommendations on next steps and dosage. Feel free to email us on info@barebiology.com with any questions.