

Obtaining a Blood Sample

Q. I can't get enough blood, what do I do?

Before taking your blood we recommend that you watch the following video:

<https://www.youtube.com/watch?v=90QmUgzcbR4>

In addition please read the tips below on how to take blood. Those points which are underlined are common areas which are often overlooked:

- Make sure you are well hydrated, e.g. by drinking a large glass of water 30-1 hour before doing the test as this will assist with blood flow.
- Make sure hands are warm.
- Clench and unclench a fist a few times in order to encourage localized blood flow to the hands and fingers
- Massage the finger you are going to take the blood from.
- Wipe the chosen finger with the antiseptic wipe provided in the kit.
- Allow it to dry completely before pricking the finger with the lancet.
- It is recommended that you use the side of finger near the nail as this is less sensitive than the pad of finger.
- Push the lancet down firmly on the finger (it may help for someone else to do it to ensure it is pushed down firmly).
- Massage the finger from the top toward the puncture to obtain large droplet of blood.
- Scoop the blood droplet using the side of the tube (microvette) and collect as much blood as possible.
- Immediately tap the tube on a hard surface to allow the blood to collect at the bottom of the tube.
- Continue to massage the finger until another large droplet forms on finger.
- Scoop the blood droplet as before and tap the tube again.
- Continue this process until the tube is full.
- While we ask you to fill the tube, if you are finding it difficult and are only doing one test then you can half fill the tube.

If you are initially unsuccessful in obtaining a blood sample, then you should contact CNS for a replacement tube and lancets in order to try again.

Having followed these instructions, if you are still finding it difficult then you can go to your doctor or practice nurse as they can collect your blood as a venous sample into a plain serum or SST (contains a gel) 3ml collection tube. If your doctor's surgery only has heparin or EDTA tubes available then these can also be used.

The collection tube from the doctor's surgery can then be placed in our plastic sample collection pack and sent back to us for testing - you do not need to transfer the blood to the blood collection tubes we provide.

Q. How long will blood remain stable in tube?

We ask you to take & post your sample on same day - Monday-Wednesday if possible, as this reduces the chance remains in the post over the weekend. Blood should, however, be stable for up to 2 weeks at 2-8 degrees Celsius, and around 7 days at room temp ~23 degrees Celsius.

Q. Do you need to store the blood in the fridge if not sending the same day?
Yes, it does need to be stored in the fridge with the lid secured if not sending on the same day

Q. Can I have more than one test conducted using a fully filled pin-prick blood sample?
Yes, 3-4 additional tests from 1 fully filled pin-prick blood sample (e.g. FoodPrint + Candida +Vit D etc.) can be performed for up to a maximum of 1 month from date sample received, but always confirm with lab that there is enough sample to perform extra tests.

NB. This will not reflect your current state today as your antibody profile may have changed over time.