

BLOOD DROPTM

BLOOD TESTING CLINIC

With a few drops, we can tell you everything

How to use guide

Getting prepared to take your blood sample

How to create blood drop samples

Activating & posting your sample



Save time



Secure



Confidential



Trusted

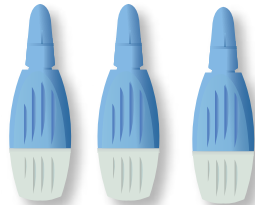
For more help email us helpme@customercare.expert
or visit www.blooddrop.co.uk

Step 1 - Getting prepared to take your blood sample

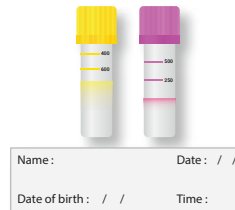
What is in your Blood Drop delivery and laying out everything you need before you start



Alcohol swab



3 Lancets for creating blood drop



Blood drop collection tubes & label



Blood collection tube holding case



Cleansing wipes



Plasters



Blood test request card



Freepost sample return packaging

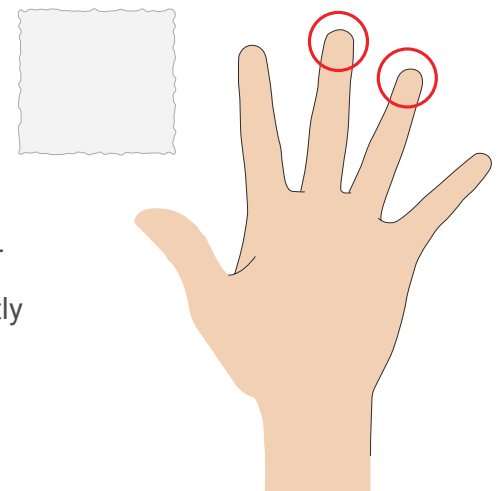
The best time to take a sample is in the morning so that it can be posted fresh and reach us the next day. Ideal time is between Monday to Friday.

Step 2 - How to create Blood Drop samples to fill the collection tubes

2A - Select your finger & increase the blood flow to your finger

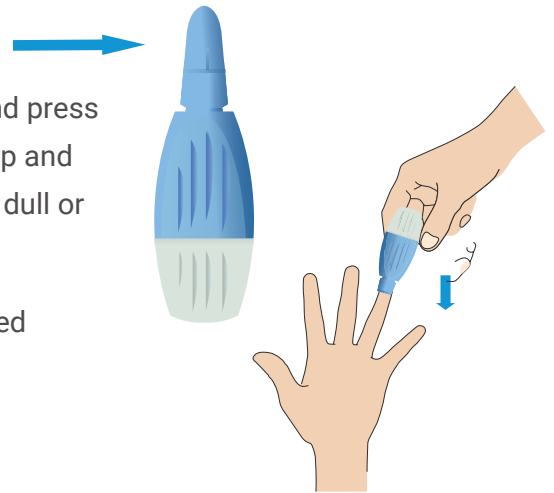
In order to produce enough blood drops for your test it is essential that you increase blood flow to your finger. You can improve your blood circulation by doing the following:

- Warming your hands by placing them under warm running water.
- Try taking your blood sample after you have had a bath, shower or after you have exercised.
- Please remain standing when taking blood sample and then pump your fists to increase blood flow while standing.
- Select your finger - Try to avoid selecting a finger or an area on your finger that has thick skin or any calluses as this can prevent the lancet sufficiently piercing the skin.
- Massage your finger tip 5-6 times to warm the finger.
- Once you have selected the finger use the alcohol wipe to clean it.
- Then dry your finger with a clean tissue, If you do not dry your finger then alcohol will damage your blood sample and may cause hemolyzed results.



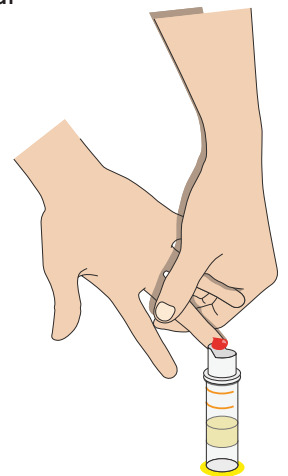
2B - Using the lancets

- Twist the stick off the first lancet, you won't see a needle.
- Hold the lancet tip firmly against the side of your chosen finger and press the button on the top of the lancet. The tip of a new needle is sharp and precisely formed to ensure gentle lancing, but the tip can become dull or bent if used more than once.
- Wipe away the first drop of blood as this can become contaminated with alcohol from the wipe which can affect the results.
- Using the second blood drop produces more reliable values.
- We strongly recommend the use of a new, sterile lancet every time you carry out a blood test.



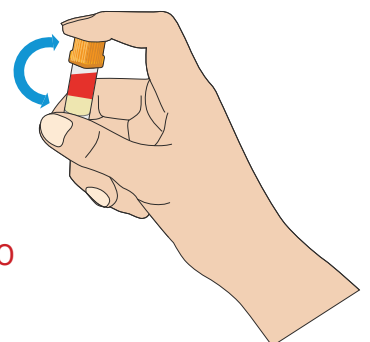
2C - Filling the blood collection tubes

- Make sure you are standing, massage your arm from shoulder to your hand so that your blood flows towards your hand. Let the blood drops flow into the tube or scrape the blood drops into the tube from the top of your finger.
- If your blood stops flowing, massage your arm from shoulder to your hand again in a downward direction a few times and squeeze your finger for more blood drops. If you are still having problems then simply use a new lancet to prick the same or another cleaned and dried finger.
- Fill each tube to the upper line mark on the side of the tube - do not under or overfill.
- **DO NOT SCRAPE YOUR FINGER ON THE TUBES** - This will cause your blood cells to burst and show a Hemolyzed results.
- **INSUFFICIENT BLOOD DROPS** - The usual cause for this is if the blood bottle is under-filled. If the amount of blood taken is too small then the lab will struggle to produce enough plasma to create a sufficient blood results from it. This will lead to your results showing as NO SAMPLE / NOT DETECTED blood test results.



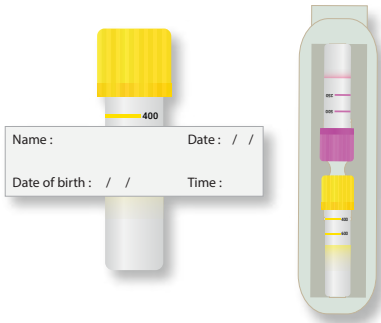
2D - Invert and secure the collection tubes

- Push the cap firmly on top of each tube until you hear a click, remembering to place the correct cap on each one.
- Invert the tube 10 times anti-clockwise at a 90° angle to mix the blood with the anticoagulant in the blood collection tube.
- **IF YOU DO NOT INVERT THE TUBE THIS MAY CAUSE YOUR BLOOD SAMPLE TO CLOT RESULTING IN YOUR SAMPLE RESULTS SHOWING AS "BLOOD CLOT".**
- Apply the plasters provided.



Step 3 - Sending us your Blood drop sample

3A - Label your blood sample



- Complete the time and date of the test taken with name and date of birth on the label provided and stick it around the collection tube (one label per tube) as shown.
- **WE WILL NOT BE ABLE TO PROCESS UNLABELED SAMPLES**
- Place the collection tubes back into their protective packaging.

3B - Enclose lab request card

BLOOD DROP BLOOD TESTING CLINIC
Blood Test Request Form

Patient details

First name: SARA
Last name: SMITH
Patient date of birth: 15 / 05 / 1970
Blood collection date: 11 / 07 / 2021
Blood collection time: 09:15 AM
Test code: 78513470
Patient ID: 2457417503

- Fill in front part of the blood test request card
- **IMPORTANT – IF THIS CARD IS NOT FILLED AND SENT THE LAB WILL NOT BE ABLE TO PROCESS YOUR SAMPLE.**

3C - Log into your account to activate & track your blood test results



IMPORTANT: IF YOU DO NOT ACTIVATE YOUR TEST ONLINE VIA YOUR ACCOUNT AREA WE WILL NOT BE ABLE TO TRACK IT.

3D - Finally post your sample with the test request card



- Place your blood test sample and the blood test request card in the white padded envelope that your blood test kit came in.
- **IMPORTANT - PLEASE CHECK THE TUBES ARE LABELED CORRECTLY AND THE TEST CARD IS FILLED AND ENCLOSED.**
- Place the white padded envelope inside the blue delivery return envelope and post this the same day the sample is taken.