

01

Follow the instructions on the reverse of this leaflet to take your sample.

02

Write your Name and Date of Birth on the label then wrap the label around the vial. Place into the protective packaging.

CF1

FINGER PRICK INSTRUCTIONS LEAFLET

INFO@YOUTH-REVISITED.CO.UK

03

After adding the time and date on the lab form, place the form and the sample in the envelope provided.

04

Post your sample on the day you take it. Do not post on a Friday. We strongly recommend sending Special Delivery



Lay out everything you need before you start. Make sure you are well hudrated

Place sample tubes in front of you. Do not mix up the coloured caps

Draw blood for purple vial first then yellow (if using two vials)

Wash your hands in warm water Select a finger and use the alcohol wipe to clean it. Dru your finger

Twist the end off the first lancet. Don't worry, you wont see a needle. Hold firmly against the side of your chosen finger and press down on the top of the lancet. Wipe away the first drop of blood..

**Included** in your package

Vials for Blood collection

Lancets, Labels for vials

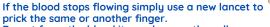
Wipes, Plasters

Return Envelope

Lab form

Massage the side of your finger to form drops of blood.

Hold your finger against the collection tube. let the drops of blood slide in



Do not force the blood it can damage the cells.

Fill each tube to the upper line marked on the side of the tube do not under or overfill. Apply plasters provided

Push the cap firmly on the top of each tube remembering to place the correct cap on each one.

Flip the tube 10 times forward and backward. Do not shake.

Label your sample with the sticker provided. Turnaround is usually 1-2 working days from

arriving at the lab. Results will be uploaded to uour account.