

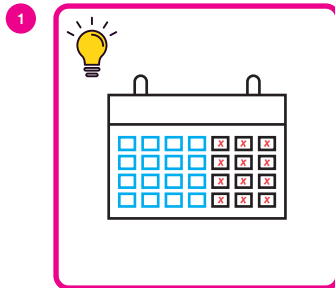
## It's time to take your finger prick blood test.

We have broken this down into **five simple steps** and this should take you around 15 minutes to complete. Please read this all the way through before beginning to collect your sample. Have a **chair** to hand, should you feel light headed when taking your sample.

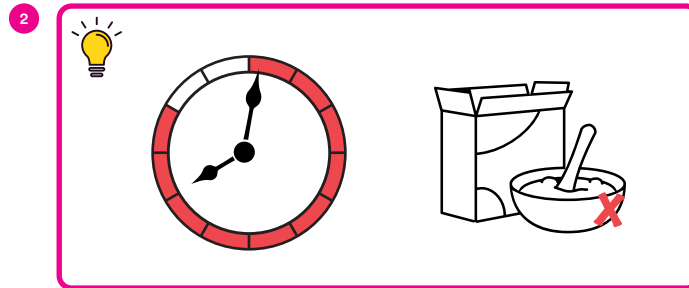
**We encourage you to complete your home kit as soon as possible.**

You can also watch the blood collection guide video at [getlivesmart.com/pages/home-kit](https://getlivesmart.com/pages/home-kit) before taking your sample.

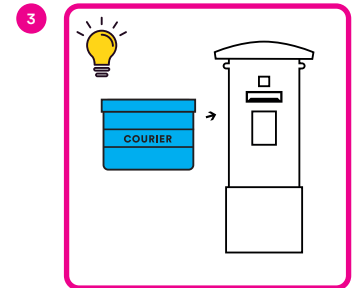
### READ BEFORE YOU START



Take your test between **Monday and Wednesday only**, to avoid postal delays that could spoil the sample.

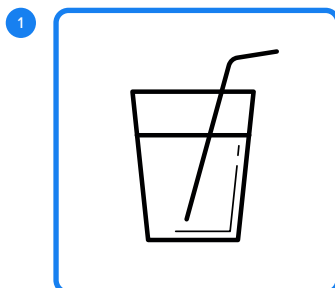


**Do not eat or drink anything except for water for 10 hours prior to taking your finger prick blood test.** The easiest way is to **take your test first thing in the morning** before breakfast. If you're unable to fast due to medical reasons, consider eating a low-fat, low-sugar breakfast, such as porridge, instead.

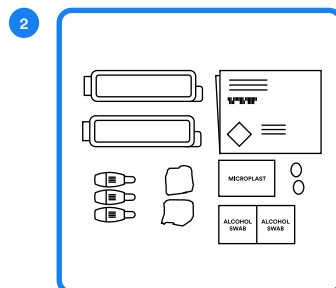


Pop it in the post as early as possible, **right after you have taken your blood test.** This will also avoid spoiling the sample.

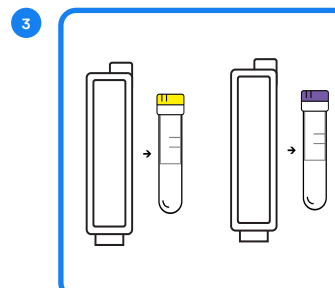
### PREPARE



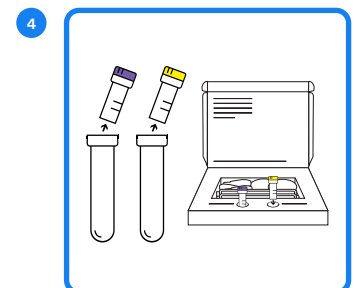
Before you start it's very important that you're well hydrated. **Drink two large glasses of water 30 minutes before** you take the test.



Open your LiveSmart Home Kit and lay out your kit supplies. Put your request form and the blue courier bag to the side for now.

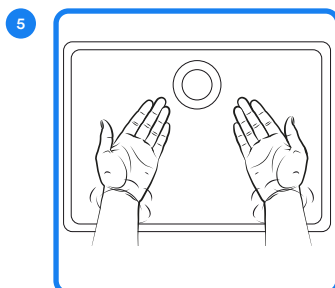


Take the larger tube holders out of the transparent cases.

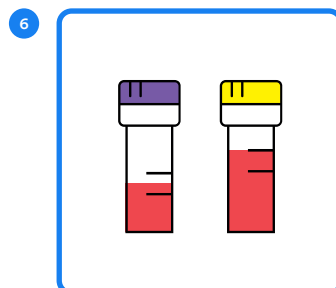


Remove the purple and yellow tubes from the larger tube holders and place them in the correct holes at the front of the box.

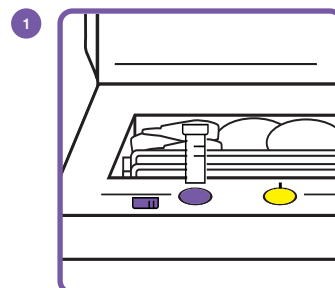
### FILL THE PURPLE TUBE



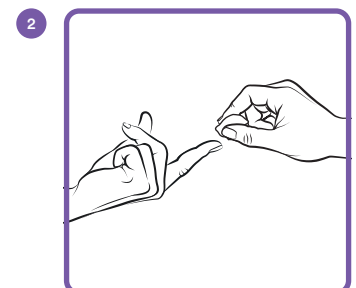
Your blood flows better when your hands are warm, so submerge them in hot water for **at least a minute**, then dry them on a clean towel.



Before taking your blood test, here is a guide which illustrates the volume of blood required in each tube.

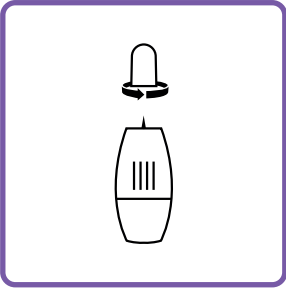


**Pull the cap off** the purple tube.



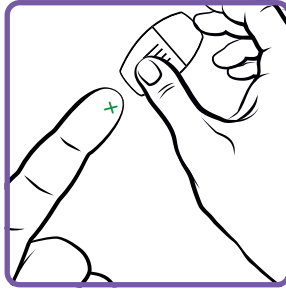
On your **non-dominant hand**, wipe the index finger with an **alcohol wipe** and allow to dry.

3



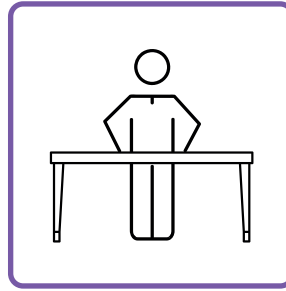
Twist the cap of one of the lancets to make ready to use. You should not be able to see the sting.

4



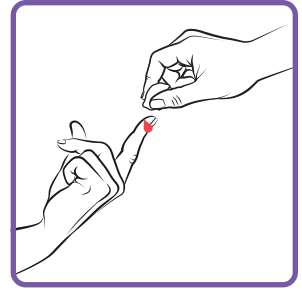
Put your hand against a solid surface, like a kitchen counter. Position the lancet over your finger-tip, around 5mm down and 3mm across from the tip, and the lancet will activate with a click when you press firmly.

5



Stand up so that your hand is below your heart level. This will also help your blood flow better.

6



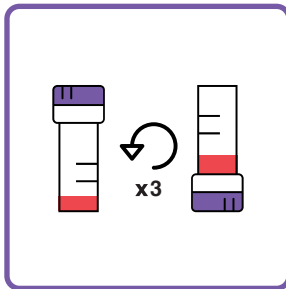
Wipe away the first drop of blood using cotton wool.

7



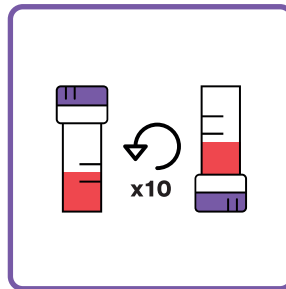
Massage your finger in a downward motion. As the first drop of blood forms, wipe it against the lid of the tube. Fill the tube with three drops of blood.

8



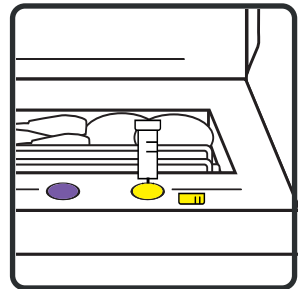
Put the cap back on and invert the tube three times. Do not shake the tube. Re-open the tube and fill it up to between the two black marks (approximately 0.5ml). If your blood stops, use another lancet on your middle finger.

10



Cap the purple tube immediately and invert 10 times as soon as you can. Do not shake the tube.

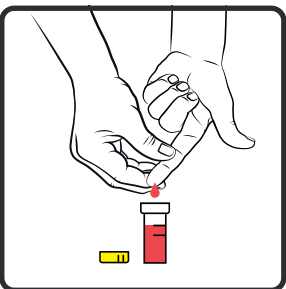
1



### FILL THE YELLOW TUBE

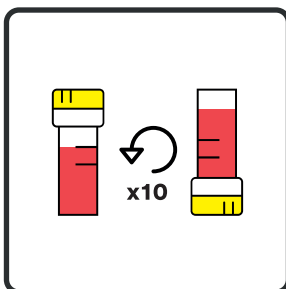
Pull the cap off the yellow tube.

2



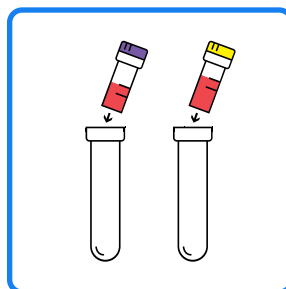
Massage your finger in a downward motion. As the drops of blood form, wipe them against the lid of the tube until it's full to the top mark (approx. 0.8ml)

3



Cap the yellow tube immediately and invert 10 times as soon as you can. Do not shake the tube.

1



### PACK & POST

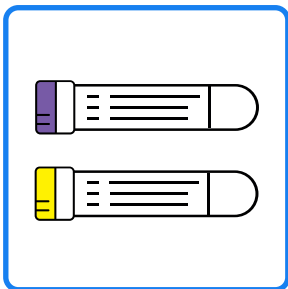
Insert the completed blood test tubes back inside the larger tube holders, ready to be labelled and packaged.

2



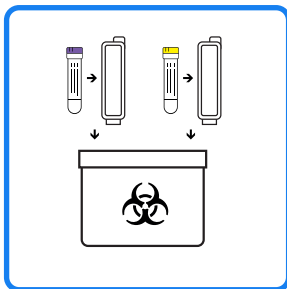
Write the date on your request form and pre-printed adhesive labels at the bottom of the form.

3



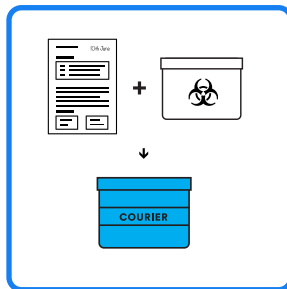
Attach one label to each larger tube lengthways. It's fine if the label is longer than the tube.

3



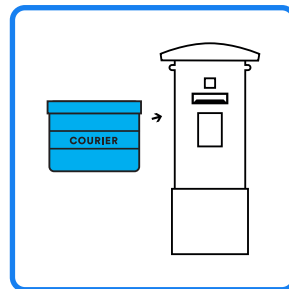
Place your blood test into the transparent cases and into the biohazard bag, ensuring the lids are securely fastened.

4



Enclose the biohazard bag containing your **blood test, request form and used lancets** in the blue prepaid envelope.

5



Please post your bagged sample at your nearest post box as soon as possible (ideally within the hour of taking the test).

#### Before you send your sample, please check that:

- You have labelled your sample
- You have attached the cap tightly
- You have filled the purple tube to the 0.5ml marker
- You have filled the yellow tube to the 0.8ml marker
- You are posting between Monday - Wednesday



**0330 808 0942**

Troubles with your test?  
Call us, we're happy to help!  
(Mon-Fri 9.00am-5.00pm)