Haemochromatosis•UK

Helping people live with iron overload

+Fe

SAMPLE COLLECTION INSTRUCTIONS

Please ensure the kit is within expiry date and read these instructions first, slowly and carefully, the whole way through before attempting to collect your sample. We recommend that you take the sample on a weekday and return by pre-paid post on the same day.

Clearly complete the sample label using a ball point pen with:

- **Your surname**
- **Your first name**
- **Your date of birth**
- **Date of sample**

Do not affix the label to the blood collection tube until after collecting your sample. This is important as you will not be able to see how much blood you have collected if the label covers the sides of the tube. Sample self-collection is carried out at an individual's own risk.

Your sample collection kit contents



Moist wipe x 2



Alcohol swab x 1 (+1 spare)



Sample label



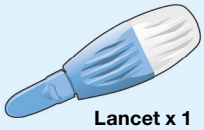
Blood collection tube



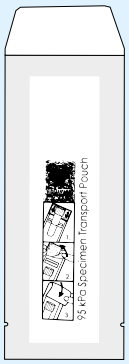
Plaster x 2



Blood form



Lancet x 1 (+2 spares)



Protective tube wallet

IMPORTANT!



The BLUE lancet activates on contact when positioned and pressed VERY FIRMLY against the skin. Lancets are for single use only.



Return envelope



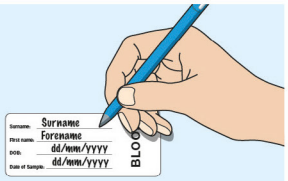
Postal tracking label

1 Please complete the blood form provided in this kit.

Make sure the sample date is completed.



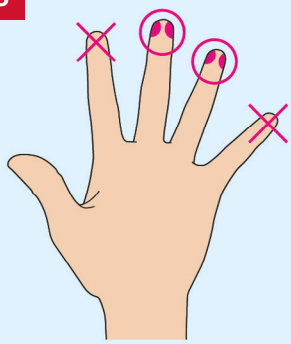
2



Write your name, date of birth and date of sample on the label marked 'Blood'. This is very important as unlabelled samples **cannot** be processed.

Do not affix it to the tube at this stage.

3



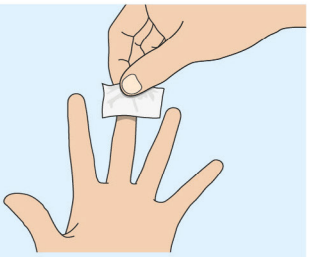
The best locations for collecting finger prick samples are from the sides at the end of your middle or ring finger.

4



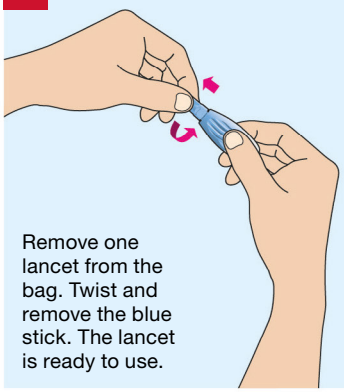
Wash your hands in warm soapy water. **It is much easier to collect your sample if your hands are warm**. Dry them thoroughly with a clean, dry towel.

5



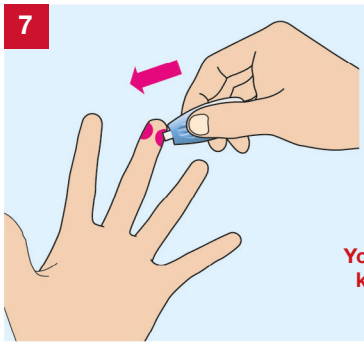
Using the Alcohol Swab clean the selected finger. Wipe dry with a clean tissue. **Be sure your finger is completely dry as blood will not form a drop at the puncture site of a moist finger.**

6



Remove one lancet from the bag. Twist and remove the blue stick. The lancet is ready to use.

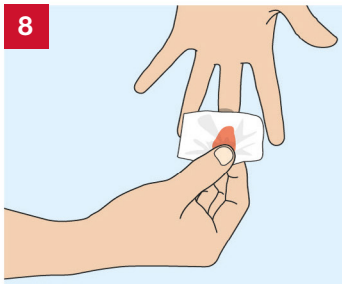
7



Position the lancet against the side of your chosen finger. The lancet will activate in one step only when positioned and pressed very firmly against the skin until a click is heard. Should you need to repeat the process to help obtain enough blood use one of the remaining lancets.

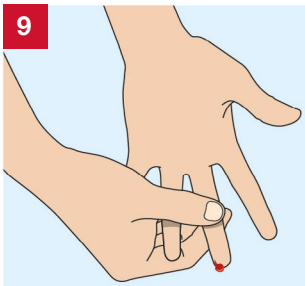
You should take the test sitting down, keeping your hand below the level of your heart, to help the blood flow.

8



The lancet will puncture the skin and a small drop of blood will form. Wipe away the first drop of blood with a clean, dry tissue.

9



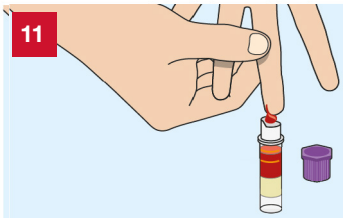
Holding your hand/arm downwards, firmly massage your hand down to your finger to encourage blood flow.

10



Gently squeeze the finger to help the blood drop into the blood collection tube as shown.

11

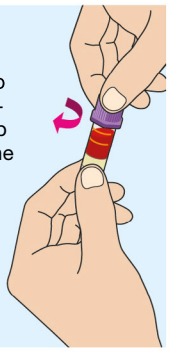


Fill the blood collection tube to the top line

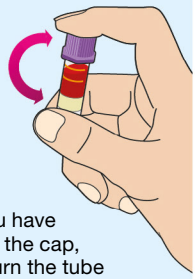
NB: If you are unable to collect enough blood use the second lancet. Alternatively, try wiping the finger you have been using with a dry tissue. Pause for 5-10 seconds and blood drops are likely to reform, and you can start collecting again.

12

Once you have filled up to the TOP FILL LINE – or even just over – stop collecting and apply the supplied spot plaster to stop the bleeding. Then push on the cap of the blood collection tube securely until you hear an audible click to confirm closure.

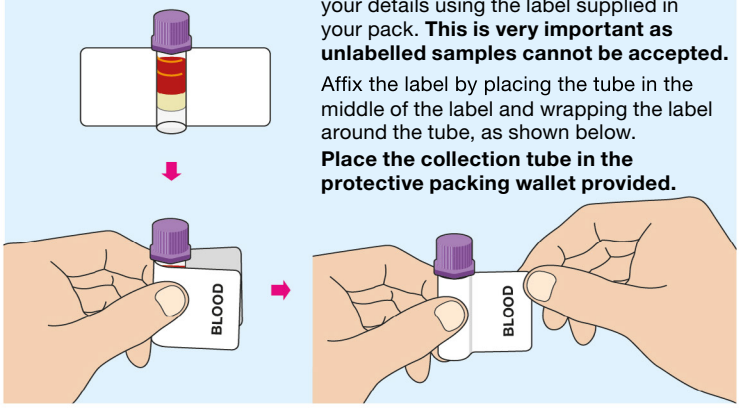


13



Once you have replaced the cap, **gently** turn the tube upside down and back up again 5 to 10 times.

14



Make sure your tube is labelled with your details using the label supplied in your pack. **This is very important as unlabelled samples cannot be accepted.**

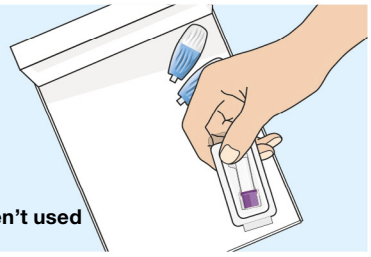
Affix the label by placing the tube in the middle of the label and wrapping the label around the tube, as shown below.

Place the collection tube in the protective packing wallet provided.

15

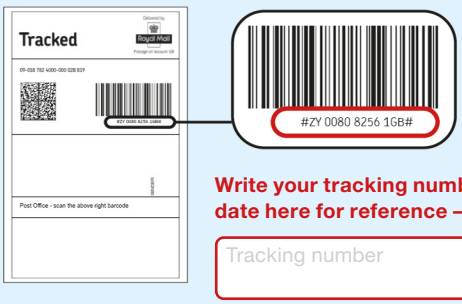
Place inside the test kit box:

- **the completed blood form**
- **the protective tube wallet containing the blood collection tube**
- **used lancet(s)**
- **any spare lancets you haven't used**



16

Please make a note of the unique tracking number displayed under the barcode on the postal tracking label, as shown below. Keep this in a safe place for future reference. You can track delivery of your Royal Mail parcel by entering this number using the following link: http://www.royalmail.com/track-your-item



Write your tracking number and today's date here for reference – keep this safe.

Tracking number

Posting date

17 CHECKLIST

Before you return your sample please do the following:

- ☐ **Place your completed blood form into the return envelope**
- ☐ **Make sure the blood tube is labelled and securely placed inside the protective tube wallet**
- ☐ **Place the lancets into the test kit box**
- ☐ **Check that your sample is inside the test kit box**
- ☐ **Close the test kit box and place it into the return envelope**
- ☐ **Please make sure the postal tracking label has been affixed to the front of the return envelope and that you have taken note of your postal tracking number and today's date**

You are now ready to seal the return envelope.

Please return your sample on the same day you took the sample from ANY Royal Mail post box in the UK. No stamp is required within the UK.

If you need assistance please contact us on 0303 040 1101* (weekdays 9am–3pm) or email genetic.testing@huk.org.uk

* Calls to 03 numbers cost no more than a national rate call to an 01 or 02 number. If calling from a mobile phone, calls to 03 numbers count towards any inclusive minutes in the same way as 01 and 02 calls. If calling from Republic of Ireland, dial +44 3030 401 101.

Haemochromatosis UK
The Flaxmill
Flaxmill Lane
Pinchbeck
SPALDING
PE11 3YP

A charity registered with number 1001307 and SCO41701. A company Limited by Guarantee No. 2541361.

Published: February 2026