



TDL Tinies™ & Self-collection samples

TDL TINIES™ (tinies@tdlpathology.com)

This list of tests covers some of the range that can be offered to patients for self-collection, using TDL TINIES™ and Royal Mail postal packs. Orders for TDL TINIES™ (packs with instructions) can be made up by TDL, by arrangement, and sent individually to patients, or supplied directly to doctors or healthcare companies. This is not a patient self-referral service and it is not point of care testing. All testing is undertaken in the laboratory and results are always returned directly to the healthcare company or doctor, **not to the patient**.

TDL TINY™ samples can be combined with other self-collected samples types (urine, stool, swabs, HPV).

In the case of positive Sexual Health, results will be reported with the recommendation for a venous sample to undertake confirmatory sample.

The sample volume from one TINY sample, when filled to the upper fill line, is **600 microlitres**. These, on receipt in the laboratory, are centrifuged and provide a volume of 300 microlitres of serum/plasma (depending on the tube type used). Different tests require varying amounts of sample, and this, together with analyser dead volumes, means that although certain tests can be carried out from TINY tubes, many tests simply cannot be achieved from these smaller sample volumes.

TDL TINY™ microtainers are manufactured by BD Diagnostics. They are designed for samples collection from skin puncture. BD Microtainers come with a variety of additives for various tests, have visible fill lines, and are colour coded as for standard BD Vacutainer tubes. Tubes and Lancets are CE marked. TDL TINY™ packs are made up by TDL and contain everything needed for a patient to self-collect their blood sample.

Recommendation: most people are not experienced at self-collection of their own blood. Whilst it is certainly possible to do a number of tests from one TINY and it is possible to collect for two or three microtainers – the most successful outcomes are collected by patients who read the instructions given in each pack, and who collect enough sample for one microtainer. Instructions for sample collection are enclosed in each pack. A completed **request form** must be enclosed with the returned sample. Results will always be sent to the requesting doctor/healthcare organisation.

There is a TDL TINY™ video to assist patients with sample collection.

Visit <http://www.tdlpathology.com/test-information/test-service-updates/tdl-tinies>

This can be personalised with logo and details.

For information and packs, please contact Annette Wilkinson 020 7307 7343 or email tinies@tdlpathology.com.






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Tests that can be self-collected using TDL TINIES™






HAEMATOLOGY		
TEST	CODE	SAMPLE REQ
Full Blood Count	FBC	A
HbA1c	GHB	A
BIOCHEMISTRY		
TEST	CODE	SAMPLE REQ
Amylase	AMY	B
Calcium	CA	B
Calcium + Vitamin D	CALD	B
Carbohydrate Deficient Transferrin	CDT	B
C Reactive Protein	CRP	B
C Reactive Protein (High Sensitivity)	HCRP	B
Ferritin	FERR	B
HbA1c	GHB	A
Iron Status Profile (FE/TIBC/FERR)	ISP	B
Liver Function Tests	LFT	B
Lipid Profile	LIPP	B
Lp-PLA2 (PLAC) Test	PLA2	B
Uric Acid	UA	B
Vitamin B12 (Active)	B12	B
Vitamin D (25-OH)	VITD	B
ENDOCRINOLOGY		
TEST	CODE	SAMPLE REQ
AFP	AFP	B
Antimullerian Hormone	AMH	B
Beta HCG (Quantitative)	QHCG	B
Cortisol	CORT	B
DHEA Sulphate	DHEA	B
Female Hormone (LH/FSH/PROL/OEST)	FIP	B
FSH	FSH	B
HRT Profile 1 (FSH/OEST/PROG)	HRT	B
Oestradiol	OEST	B
Progesterone	PROG	B
Prolactin	PROL	B
SHBG	SHBG	B
Testosterone	TEST	B
Thyroid Profile 1 (Free T4/TSH)	TF	B
Thyroid Profile 3 (Free T3/Free T4/TSH)	TF3	B

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IMMUNOLOGY









TEST	CODE	SAMPLE REQ
Borrelia Antibodies (IgG/IgM)	BORR	
Borrelia Antibodies (IgM)	BORM	
Endomysial Antibodies IgA	AEAB	
Gladin Antibodies (IgG)	AGAB	
H. pylori Antibodies (IgG)	HBPA	
Tissue Transglutaminase IgA	TAA	

VIROLOGY / SEXUAL HEALTH






TEST	CODE	SAMPLE REQ
COVID-19 Roche Total Antibody IgG/IgM (SARS-CoV-2)	TCOV	CE marked self-collection kit*
Hepatitis B Surface Antigen	THBA	
Hepatitis B Immunity (IgG)	THBI	
Hepatitis C Antibodies	THCV	
HIV1&2 Abs/p24 Ag	THIV	
HPV mRNA (All High Risk Subtypes)	HPVY	Self-collection kit
HPV Individually Typed High Risk DNA Subtypes	HPVZ	Self-collection kit
Syphilis IgG/IgM	TSYP	

*See details below – CE marked self-collection kits for COVID must be used.

TUMOUR MARKERS

TEST	CODE	SAMPLE REQ
AFP	AFP	
Beta HCG(Oncology)	HCGQ	
CA 15-3	C153	
CA 19-9	C199	
CA 125	C125	
CEA	CEA	
HE4 + ROMA	HE4	
Prostate Specific Antigen	PSPA	

LIFESTYLE

TEST	CODE	SAMPLE REQ
Omega 3/Omega 6	OMG3	
Vitamin B9 (Folic Acid) Red Cell	RBCF	
Vitamin B9 (Folic Acid) Serum	FOLA	
Vitamin B12 (Active)	B12	
Vitamin D (25-OH)	VITD	


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COVID-19 (SARS-CoV-2) Roche Elecsys Anti-SARS-CoV-2 Total Antibody

NEW

Roche Elecsys Anti-SARS-CoV-2 reports both IgG and IgM as a TOTAL antibody result. The Roche Antibody test is CE marked for **capillary** samples, and one of the PHE selected antibody tests.

Test Code: TCOV

Sample Type	SST/Serum  Capillary (>14 days after onset of symptoms)
Performance	Specificity 100%, Sensitivity 97.4%
Analysers	Roche e801
Turnaround time	24 hours from receipt of sample

Self-collection capillary samples must be taken using CE marked IVD for COVID Postal kits

NEW

The kits include a Royal Mail Tracked 24 return label. Contact TCOV@tdlpathology.com for details.

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STEP 1

TDL TINY™ SAMPLE COLLECTION



THE DOCTORS
LABORATORY

Sample collection instructions

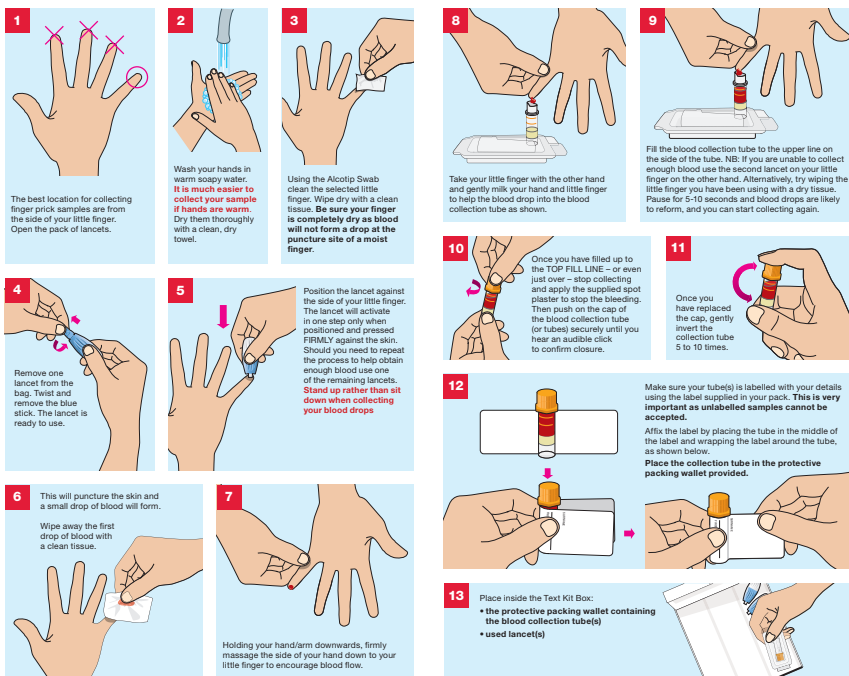
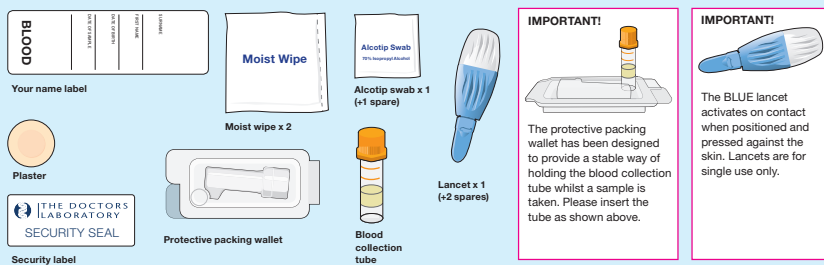
Please read these instructions first, slowly and carefully, the whole way through before attempting to collect your sample.

Clearly complete the Name Label using a ball point pen with:

• Your Surname • Your Date of Birth • Your First name • Date of Blood Collection

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 pack contents: Step 1



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Sample collection instructions

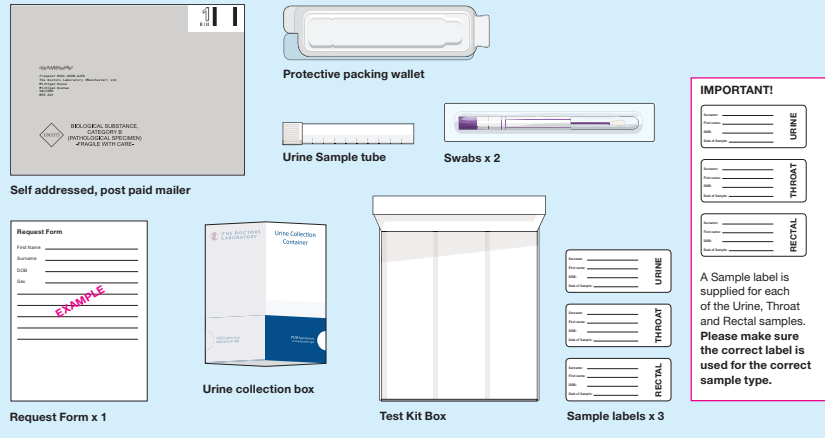
Please read these instructions first, slowly and carefully, the whole way through before attempting to collect your sample.

Clearly complete the Specimen bottle and Swab labels using a ball point pen with:

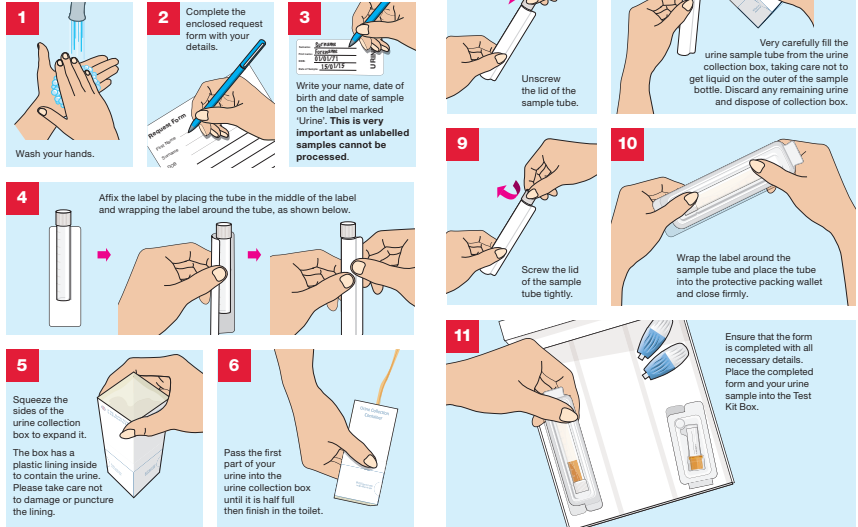
- Patient Surname
- Patient First name
- Patient Date of Birth

Sample self-collection is carried out at an individual's own risk.

Your sample collection pack contents: Steps 2-4



STEP 2 URINE SAMPLE COLLECTION



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STEP 3

THROAT SWAB SAMPLE COLLECTION



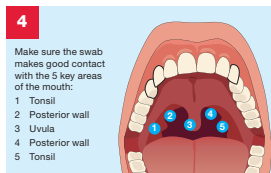
Wash your hands.



Open the packet containing the swab. Select the label marked 'Throat', write your name, date of birth and date sample collected on it and affix to the swab before collecting your sample.

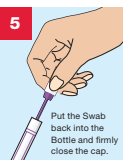


Twist the cap of the Swab Bottle and pull the swab out.

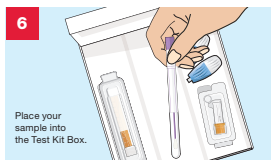


Make sure the swab makes good contact with the 5 key areas of the mouth:

- 1 Tonsil
- 2 Posterior wall
- 3 Uvula
- 4 Posterior wall
- 5 Tonsil



Put the Swab back into the Bottle and firmly close the cap.



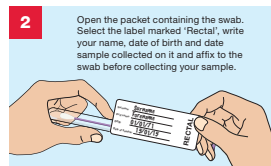
Place your sample into the Test Kit Box.

STEP 4

RECTAL SWAB SAMPLE COLLECTION



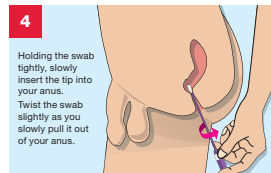
Wash your hands.



Open the packet containing the swab. Select the label marked 'Rectal', write your name, date of birth and date sample collected on it and affix to the swab before collecting your sample.



Twist the cap of the Swab Bottle and pull the swab out.



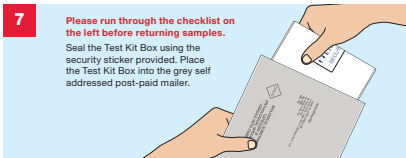
Holding the swab tightly, slowly insert the tip into your anus. Twist the swab slightly as you slowly pull it out of your anus.



Put the Swab back into the Bottle and firmly close the cap.



Place your sample into the Test Kit Box.



7 Please run through the checklist on the left before returning samples. Seal the Test Kit Box using the security sticker provided. Place the Test Kit Box into the grey self addressed post-paid mailer.

STEP 5

CHECKLIST

Before you return your samples please tick off the contents of the grey self addressed post-paid mailer.

- ☐ Completed Request form
- ☐ Blood collection tube(s) in the protective packing wallet
- ☐ Used lancets
- ☐ Urine sample in the outer transport bottle
- ☐ Throat swab in the swab bottle
- ☐ Rectal swab in its swab bottle
- ☐ Place all of the samples into the Test Kit Box and seal with the security sticker

You are now ready to seal the grey self addressed post-paid mailer. Please post your samples to The Doctors Laboratory as soon as possible from ANY Royal Mail post box in the UK. No stamp is required within the UK.

If you need assistance please contact The Doctors Laboratory on 020 7307 7373 or email samples@tdlpathology.com.

The Doctors Laboratory, The Halo Building, 1 Mabledon Place, London WC1H 9AX
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