

SEXUAL HEALTH COLLECTION KIT

A capillary blood and urine sample collection kit used for the collection and transportation of samples for laboratory analysis of serum based parameters and sexually transmitted infections by nucleic acid technique (NAT)

This kit contains the materials required for either sample self-collection or collection by a health/social care professional.

IVD For <i>in vitro</i> diagnostic use, sample self-collection	REF KT360	UK RA
Carefully read the enclosed instruction leaflet before use	Important: Do not use kit if security seal is broken. Keep out of reach of children	
Do not re-use	For use by persons aged 18 and over	

Sample collection instructions (Steps 1-27)

- Please ensure the kit is within expiry date and read these instructions carefully and completely before attempting to collect the sample.
- If your kit requires online activation, please follow the instructions provided by your healthcare organisation. If you need assistance please contact the healthcare organisation who arranged the test.
- For alternative language versions of these kit instructions please visit www.tdlpathology.com

Your sample collection kit contents

Please check that the kit contains all of the items outlined below. Do not proceed with sample taking if any items are missing, contact the healthcare organisation who arranged your test for assistance.

Blood collection tube (microtainer), €€	Plaster (x2), €€ STERILE EO	Moist wipe (x2), €€	Lancet (contact activated) (x3), €€ STERILE R
Return security label	Sample label (x2)	Alcohol swab (x2), €€ STERILE R	
Sample transfer pipette	Urine specimen transport tube, IVD		

Sample collection tube case
Please note your kit contains one blood collection tube only



Urine collection box



Return postal envelope



Collection kit outer box

IMPORTANT!

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

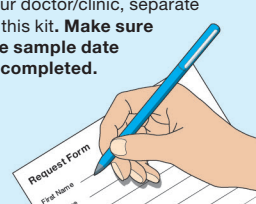
IMPORTANT!

The sample collection tube case has been designed to provide a stable way of holding a sample collection tube whilst a sample is taken.

Please insert the sample tubes as shown in the following instruction steps whilst you take your sample.

BLOOD SAMPLE COLLECTION


1 If not already pre-populated please complete the test request form, provided by your doctor/clinic, separate to this kit. **Make sure the sample date is completed.**



2 Clearly complete the blood collection tube label using a ball point pen with:

- Your First name
- Your Surname
- Your Date of birth
- Sample type: Blood

Do not affix it to the tube at this stage.



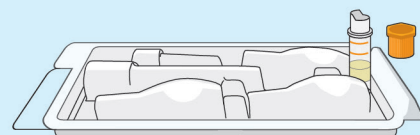
3 IMPORTANT SAMPLE TRACKING INFORMATION!

The enclosed postal envelope has a postal tracking label applied. 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 here for reference – keep this safe.

4 Take the blood collection tube out of the case and insert the tube as shown. Remove the cap and put it to one side whilst you take your sample.



5

The best location for collecting a finger prick sample is from the side of your middle or ring finger (see shaded area). Open the pack of lancets.

6

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.

7

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.**

8

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

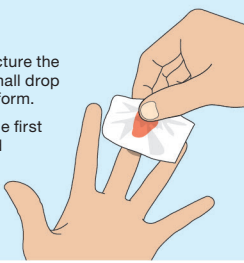
9

Sit down when collecting your blood drops. Position the lancet against the side of your chosen finger. The lancet will activate in one step only when positioned and pressed 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.

10

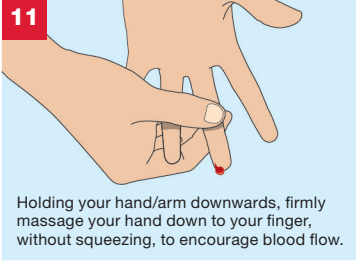
This will puncture the skin and a small drop of blood will form.

Wipe away the first drop of blood with a tissue.



11

Holding your hand/arm downwards, firmly massage your hand down to your finger, without squeezing, to encourage blood flow.



21

Squeeze the sides of the urine collection box to expand it.

The box has a plastic lining inside to contain the urine. Please take care not to damage or puncture the lining.

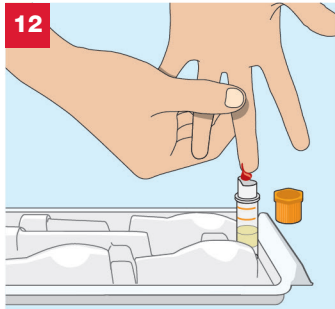


22

Pass the first part of your urine into the urine collection box until it is half full then finish in the toilet.

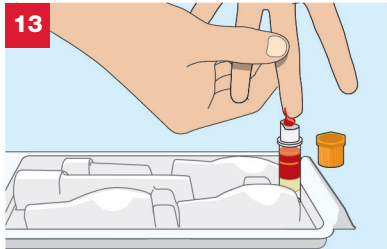


12



Firmly massage your hand and finger, without squeezing, to help the blood drop into the blood collection tube as shown.

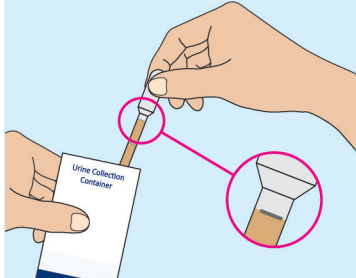
13



Fill the blood collection tube to the upper line on the side of the tube. NB: If you are unable to collect enough blood use the second lancet on a middle or ring finger on the other hand. 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 then start collecting again.

23

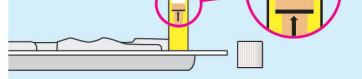
Gently place the end of the pipette into the urine collection box, taking care not to puncture the plastic lining and squeeze the end of the pipette to draw urine up - up to the top mark.



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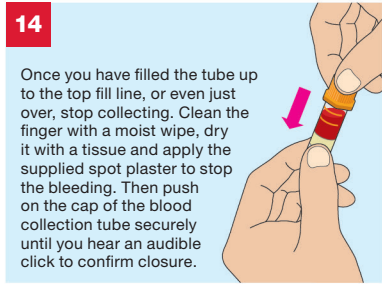
Gently squeeze the end of the pipette to fill the urine specimen transport tube.

Please fill the tube so that the urine level is between the two black lines on the side of the tube as shown.



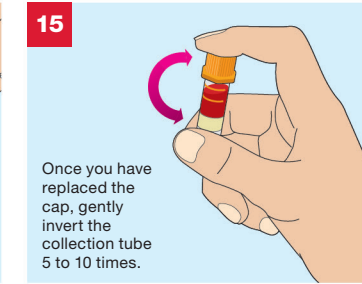
14

Once you have filled the tube up to the top fill line, or even just over, stop collecting. Clean the finger with a moist wipe, dry it with a tissue 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.



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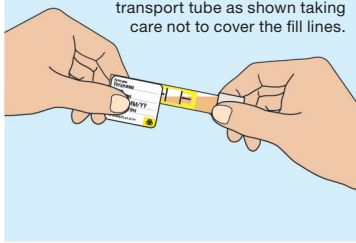
Once you have replaced the cap, gently invert the collection tube 5 to 10 times.



25

Screw the cap back firmly onto the urine specimen transport tube.

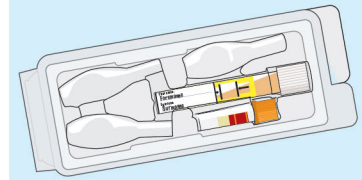
Apply the completed sample label onto the urine specimen transport tube as shown taking care not to cover the fill lines.



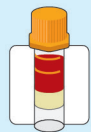
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Place the urine specimen transport tube into the protective packing case.

Discard any urine left in the collection box into a toilet and dispose of the urine collection box and pipette.



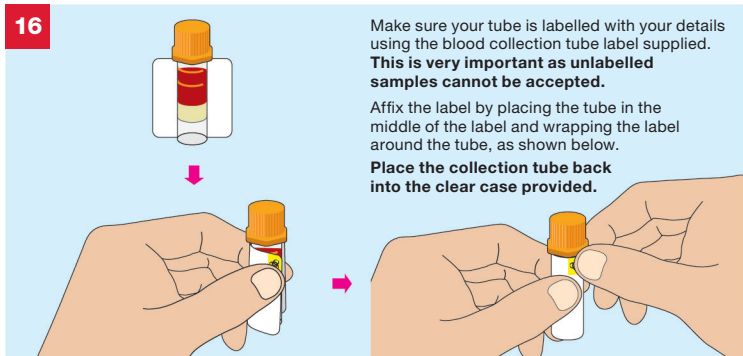
16



Make sure your tube is labelled with your details using the blood collection tube label supplied. **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 back into the clear case provided.



27 IMPORTANT CHECKLIST

Before you return your sample please do the following:

- Place your completed request form supplied by your doctor/clinic into the postal envelope
- Make sure the blood collection tube is labelled
- Make sure the blood collection tube and any used and/or spare lancets are placed inside the protective case
- Make sure the urine specimen transport tube is labelled and is placed inside the protective packing case
- Place the protective case into the collection kit outer box
- Close the collection kit outer box firmly and apply the return security label to seal it
- Place the collection kit outer box into the return postal envelope
- Check that you have taken note of your postal tracking number

You are now ready to seal the postal envelope. Please store at room temperature until posted.

Please post your sample to **The Doctors Laboratory** as soon as possible (ideally on same day or within 24 hours of sample collection) 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.

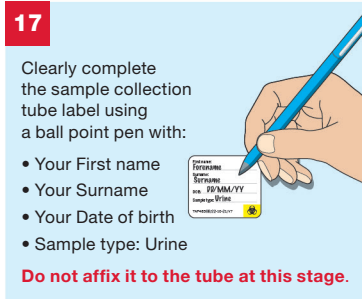
URINE SAMPLE COLLECTION

17

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

- Your First name
- Your Surname
- Your Date of birth
- Sample type: Urine

Do not affix it to the tube at this stage.



18

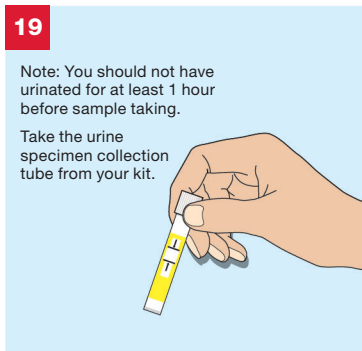
Wash hands using soap and water and dry them.



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Note: You should not have urinated for at least 1 hour before sample taking.

Take the urine specimen collection tube from your kit.



20

The sample collection tube case has been designed to provide a stable way of holding the urine collection tube whilst a sample is taken. Please insert the tube as shown, remove the cap and put it to one side whilst you take your sample. Take care not to spill any of the liquid the tube contains.

