

SAMPELING KIT

Content: Lancett, pipett, vial with extraction solution, bar code, plaster and a return envelop

Not supplied: Napkin



Step 1 PREPARATION

Read the instructions & tips before you start.

Please, take the sample in the morning and post it the same day.

TIPS Undertake some gentle exercise to increase the blood flow.

Preparations.

Lay out everything you need before you start.

Wash your hands with soap and warm water (which also helps to increase the blood flow)
Make sure your finger is dried properly before collection the sample

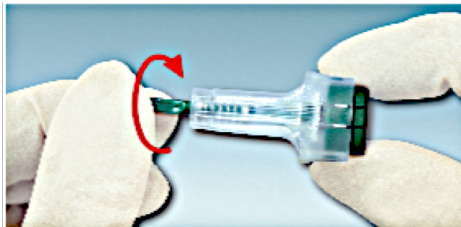
Select a finger.

The finger from which the blood will be taken should be placed under the heart. To increase the venous blood pressure. Massage your hand and finger carefully to increase the circulation.

Step 2 COLLECT SAMPLE

Using the lancett.

1. Twist off the protection on the lancett
2. Place the open part of the lancett against the tip of the finger
3. Activate the lancett by pressing on the button. A click is heard when the lancett is activated.



Using the capillary.

4. Wipe off the first drop of blood. Press evenly on the finger. The pipett sucks up the blood by capillary force.

NOTE! Do not cover the hole on the back of the capillary

TIPS Om blodflödet stannar, torka av fingret med en ren servett och pressa igen



5. The capillary is held vertically against the finger
6. Continue until the capillary is filled up to the white filter.
7. Empty the capillary into the test tube. Do this by cover the hole on the top of the capillary and press out the sample on the wall of the test tube.
8. Screw on the lid and shake **vigorously for 30 sec.**

Step 3 PACK & POST

Apply the barcode label on the tube and keep the other for you reference place the tube in the envelope for return to the laboratory

If possible post the sample the same day

See also Sarstedt instructional video

<https://www.youtube.com/watch?v=8EcEme2jtOg>