

Your instructions -
please read them carefully

top tips!

Read through the instructions on the reverse first,
but here are our top tips for taking blood samples



time

Take your sample in the morning between Monday and Friday
and ensure you post it on the same day.



get the blood flowing

Undertake some gentle exercise or take a warm shower.
Make sure you are well hydrated.



stand more, squeeze less

Let gravity help you - stand up to take your sample and be gentle
when massaging your finger to avoid damaging blood cells.



fill the tubes to the top line

Give us the correct amount of blood to test your sample - if you provide
too little or too much we may not be able to analyse your sample.



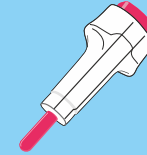
if at first you don't succeed...

If the blood flow stops, wipe the area with a clean tissue. If it still
does not flow use a spare lancet and prick another finger.

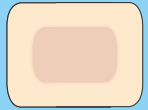
need some help?

Call us on 03450 600 600
Email us at help@medichecks.com

what's in the kit?



Lancets



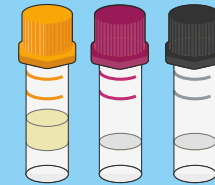
Plasters



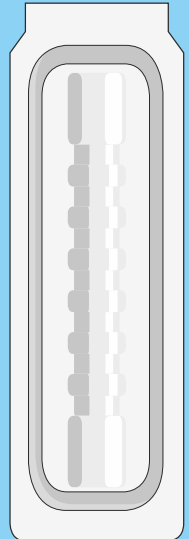
Alcohol swab



Moist wipes



Collection tubes
number and type
will vary according
to your test, please
fill them all



medichecks

Name:
Patient Name

DOB: 1/1/1980 JID: 1234567

Date:

medichecks.com

Name labels
1 per collection tube

Protective
packaging

Also included
lab request form & freepost return envelope

step. 01

get ready

Read these instructions & tips on the reverse before you start.

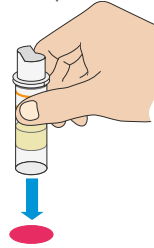
You'll find the whole process easier.

Please ensure that you take your sample in the morning between Monday and Friday (unless otherwise instructed by us) and post it on the same day.

Check your kit dispatch email for any special instructions that may apply to your test.

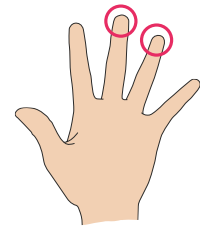
Prepare

1. Lay out everything you need before you start.
2. Place sample tubes in the holding slots in the test kit box, making sure you don't mix up the coloured caps.



Select a finger

1. Wash your hands in warm water; this will help your blood flow.
2. Select a finger and use the alcohol wipe to clean it. Dry your finger with a clean tissue.

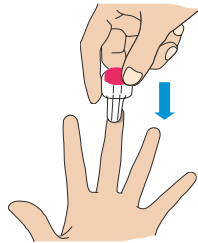


step. 02

collect sample

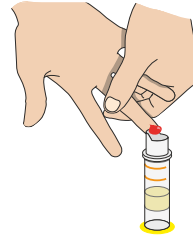
Using the lancets

1. Twist the stick off the first lancet. Don't worry, you won't see a needle.
2. Hold firmly against the side of your chosen finger and press the button on the top of the lancet. Wipe away the first drop of blood.



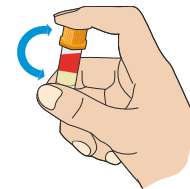
Massage finger

1. Massage the side of your finger to form drops of blood. Hold your finger against the collection tube and let the drops of blood slide in.
2. If your blood stops flowing, simply use a new lancet to prick the same or another finger.



Fill tubes to the top line

1. Fill each tube to the upper line marked on the side of the tube - do not under or overfill.
2. Apply the plasters provided.
3. Push the cap firmly on top of each tube, remembering to place the correct cap on each one.
4. Flip each tube 10 times but do not shake the sample tube.

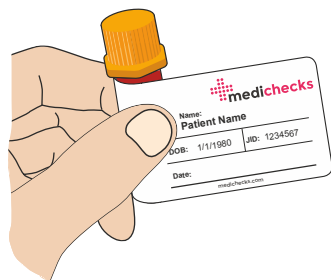


step. 03

pack & post

Date & time

1. Complete the date and time on the named label and apply to the collection tube (one per tube) as shown.
2. Place the collection tubes back into their protective packaging.



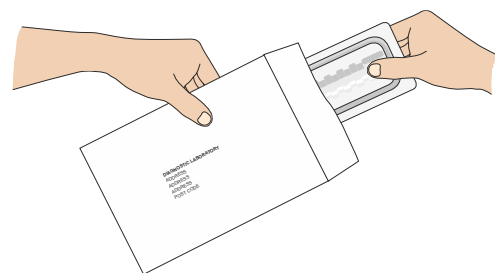
Enclose lab request form

1. Place the lab request form with all the filled sample tubes (in their protective packaging) into the return envelope.

IMPORTANT - if this form isn't enclosed the lab won't be able to process your sample.

Before you seal

1. Review the checklist below and make sure you have included everything in the return envelope.
2. Seal the envelope and post, making sure you post on the same day the sample is taken.



checklist

- Correct caps on sample collection tubes
- Date and time completed on collection tube labels and all tubes placed inside protective packaging
- Enclose lab request form in return envelope with filled tubes

Now you are ready to seal the envelope.



Once you have posted your envelope to the lab, log on to mymedichecks.com and:

- input your 'sample sent' date - this will help us to keep track of your sample;
- answer a few simple questions about your health and lifestyle, which will help our doctors to interpret your results.

When your results are ready, your mymedichecks dashboard will come alive, making your results easy to understand and track over time.

result. track. optimise.