

# T1DRA

## Type 1 Diabetes Risk in Adults

### Capillary blood by finger prick test kit instructions

Contact us:

Email: [t1dra-study@bristol.ac.uk](mailto:t1dra-study@bristol.ac.uk)

Website: [t1dra.bristol.ac.uk](http://t1dra.bristol.ac.uk)

Watch our 'how to collect your sample' video guide

<https://t1dra.bristol.ac.uk/need-help-collecting-samples-at-home/>



SCAN ME

#### Kit Contents:



- 1 x Capillary blood collection tube (do not remove or mix gel)
- 2 x Single use lancets (Purple/yellow) 1x spare lancet for repeat use if required.
- 2 x Alcohol wipes
- 2 x Gauze swabs
- 2 x Plasters

#### Collecting your sample:

**Important:** Before collecting your sample, please drink plenty of fluids to make sure you are well hydrated and that your fingers are warm and clean.

1

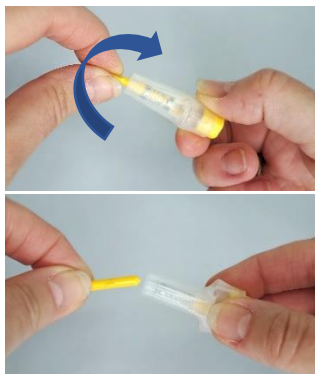
Using the alcohol swab, clean your chosen finger.

The shaded areas are best to use.



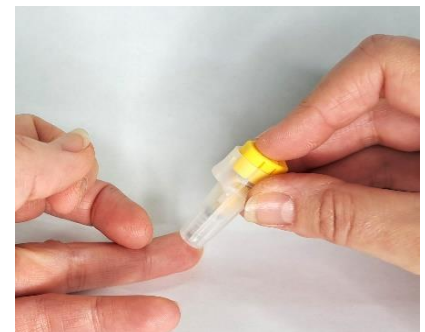
2

Twist and remove the thin end of the lancet.



3

Rest your finger on a flat surface, press the lancet **very firmly** against your finger and push the button.



4

Discard the first drop of blood by blotting finger on the gauze swab.



**Remove the lid and place to one side.**

**Drop or scrape your blood into the tube.**

Please aim fill up to the “200” mark if you can. If that’s not possible, send us whatever you can collect.



**To maintain good blood flow**, hold your arm downwards and gently massage your hand from the wrist to the end of the finger.

**If blood flow stops** wash or wipe the puncture site to remove the clotting blood and gently massage your hand from the wrist to the end of the finger.

5

Clean any excess blood from the finger using the gauze and apply a plaster if needed.

6

Replace the lid onto the top of the tube.

Push down to **click** shut.

Tap the base of the tube against a hard surface to encourage the blood to move to the bottom of the tube.



### Returning your sample:



- Place the blood collection tube inside the specimen transport bag and seal closed.
- Write the **date and time of sample collection** on the sample collection form.
- Place the specimen bag and sample collection form into the cardboard UN3373 box.
- Seal the box inside the UN3373 **prepaid return envelope** and return to us using any ordinary royal mail post box as soon as possible.

*Used and unused items can be returned if they can't be safely disposed of.*

**Thank you very much for your help.**