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T1D-DAB THE DIVERSITY OF TYPE 1 DIABETES ACROSS BRISTOL STUDY

How to Collect Your or Your Child's Finger-Prick Blood Sample?

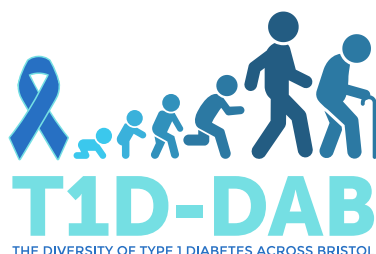


Important Reminders Before You Begin:

- Allow 10 minutes to complete the finger-prick sample collection.
- Please ensure that you (or your child) drink plenty of fluids to make sure you are well hydrated.
- Ensure your (or your child's) hands are clean, and warm and dry.
- Have a clean, flat surface to rest your (or your child's) finger on.
- Do not forget to wash your (and/or your child's) hands before and after the collection.
- Please contact us if anything is missing, or you need a replacement kit.

Disclaimer: This collection method is for people **aged 3 years and over** and should be completed by an adult or under adult supervision.

Caution sharps hazard: Do not leave a child unattended with the lancet.



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The finger-prick blood sample collection kit should include the following:

- A. Sample return form**
- B. Postal box**
- C. Fingerprick-blood sample Instruction Sheet**
- D. Specimen Transport Bag**
- E. Freepost Return envelope**
- F. Single use lancet**
- G. Blood collection tube**
- H. A Plaster**
- I. 2 Gauze Swabs**
- J. 2 Alcohol wipes**



Please read all the instructions carefully.

They will help you to collect the finger-prick blood sample correctly.

Step 1

Clean your (or your child's) finger with the **Alcohol wipe**.

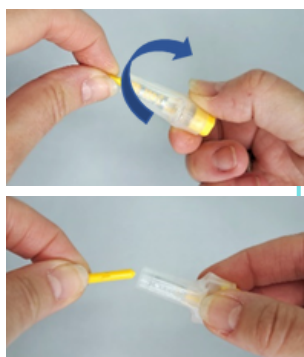
The shaded areas in the picture (the ring or index finger) are the best to use for this collection.

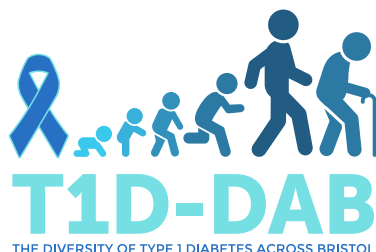


Step 2

Twist and remove the thin end of the **Single Use lancet**.

Remove the lid of the **Blood collection tube** and place it on a flat surface.





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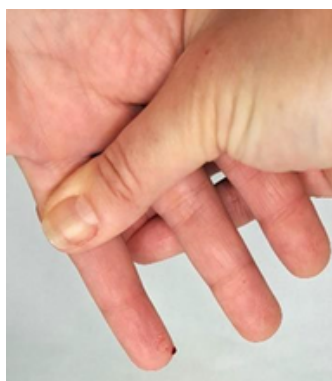
Step 3



Place your finger (or your child's) on a flat surface. Press the **Single-use lancet** very firmly against the side at the tip of the finger and push the button to prick the finger.

Blot the finger onto the **Gauze swab** to discard the first drop of blood.

Step 4



Tip 1: Hold the arm downwards and gently massage the hand from the wrist to the end of the finger to maintain good blood flow.

Tip 2: If the blood flow stops, wash or wipe the puncture site to remove the clotting blood and gently massage the hand from the wrist to the end of the finger.

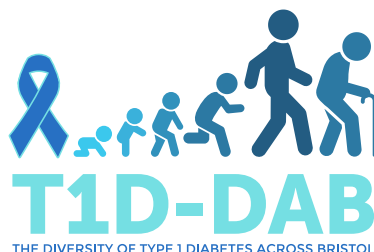
Step 5



Drop a few blood drops into the **Blood collection tube**. Please aim to fill the **Blood collection tube** to the '200' mark.

If this is not possible, please send us whatever you can collect because we can still do the test with less blood.

Tip: You can use the spare **lancet** to try again if you need to repeat the blood collection on another finger.



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Step 6



Clean the finger-prick wound with a **Gauze Swab** and apply a **Plaster** if needed.

Place the **Collection tube** lid on the top of the tube and push down to click shut.

Gently tap the base of the **Collection tube** against a hard surface to move the blood drops to the bottom of the tube.

Step 7

Please dispose of any used or unused lancets in the Yellow (sharps) bin provided for your (or your child's) diabetes care.

Step 8



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Across Bristol Study

Biological Sample Return Form

Please complete the enclosed form and send it back with your samples using the provided return label.

Participant Identification Number:

Sample Type	Sample collected (please tick yes or no)	Sample Collection date	Time of sample collection	Time of Main meal (Urine sample only)	Comments
Mouth-swab	<input type="checkbox"/> Yes <input type="checkbox"/> No				
Saliva	<input type="checkbox"/> Yes <input type="checkbox"/> No				
Fingerprick-blood	<input type="checkbox"/> Yes <input type="checkbox"/> No				
Urine	<input type="checkbox"/> Yes <input type="checkbox"/> No				

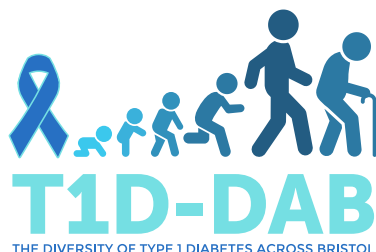
Please write the date and time you collected your (or your child's) sample on the sample return form.

Step 9

Please put the **Blood Collection tube** into the **Specimen Transport Bag** provided in this collection kit.

Then, put the **Specimen Transport Bag** and the completed sample return form into the **Postal box** and close it.





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Step 10

Seal the **Postal Box** into the **Freepost return envelope** and return it to us using any Royal Mail post box as soon as possible.

This **Freepost return envelope** was included in your sample collection kit and is labelled with our return address.

Step 11

For the best results, we recommend you return the sample to us on the same day it is collected.

Tip: Other samples collected at the same time can be returned in the same packaging.

Thank you for your help with this sample collection!

For more information, please visit our study website **here:**

<https://tinyurl.com/T1D-DAB-sample-collection>

If you have questions or need assistance, please contact us.

Contact Us:

T1D-DAB

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