Home Testing Kit Instructions

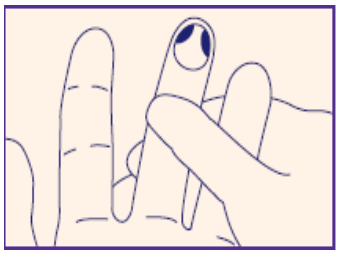
Scan me for a step-by-step video!

1. Open the sample pack and empty the contents onto a clean, dry surface. You can dispose of the outer packet and the clear bag containing the test kit.

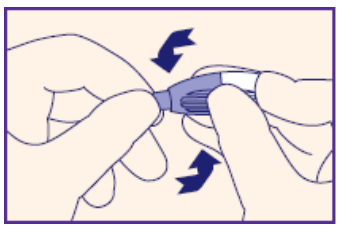
2. Wash your child's/your hands thoroughly with soap and **warm** water before starting. Warm hands will allow the best blood sample.

3. On the dried blood spot card, please check your child's details are correct (initials and date of birth) and write the date of collection: DD/MM/YYYY

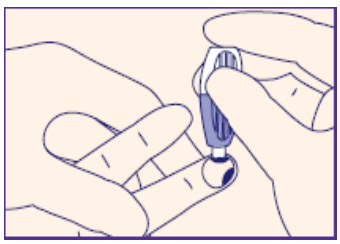
4. Identify the desired clean puncture site (shaded area of finger pad).



5. Twist off tab of the lancet to break the seal and discard the tab.



6. Position the lancet against the puncture site as illustrated below.



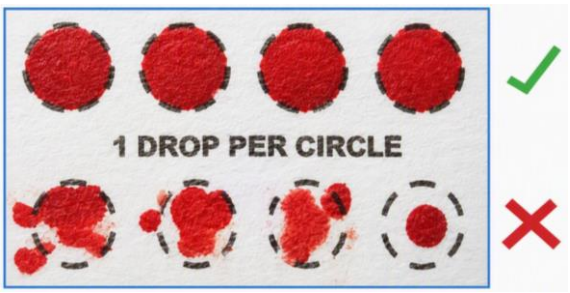
7. To activate, press the lancet firmly against the puncture site. Do not remove until a click is heard.

For more information about the lancet, please visit our website.

8. Allow a blood drop to form and then press the finger on and off. Allow the blood to drop onto the DBS card. If blood flow is poor/slow, lower your hand, but avoid excessive squeezing of the finger if possible. If you are having trouble and would like assistance or advice, please contact he ELSA clinical team by email (elsaclinical@contacts.bham.ac.uk).



9. Please **FILL** each circle with blood. Please fill at least **4** circles or your sample may not be sufficient for testing.



10. Allow cards to dry for up to 60 minutes, at room temperature. Place the DBS card, the desiccant sack and the 2 lancets into the clear bio-sample bag. Seal this bag and then place into the pre-paid addressed postal return bag.

11. Please aim to return the test by post within 48 hours of collecting the sample and, confirm you have sent this by completing the form we have emailed to you. Please ensure the kit is returned to us, even if no sample is taken. Thank you