

# STEP 1 TDL TINY™ SAMPLE COLLECTION



## Sample collection instructions

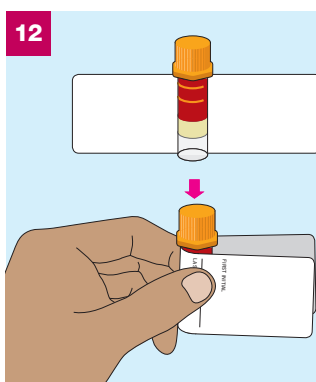
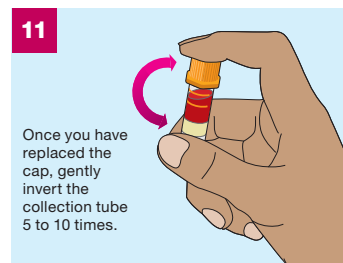
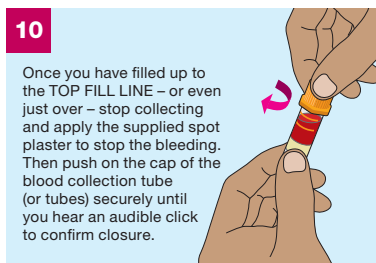
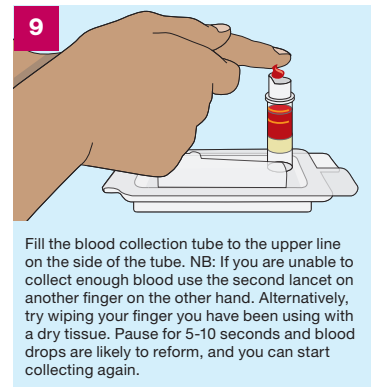
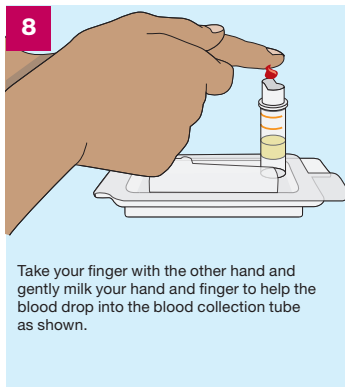
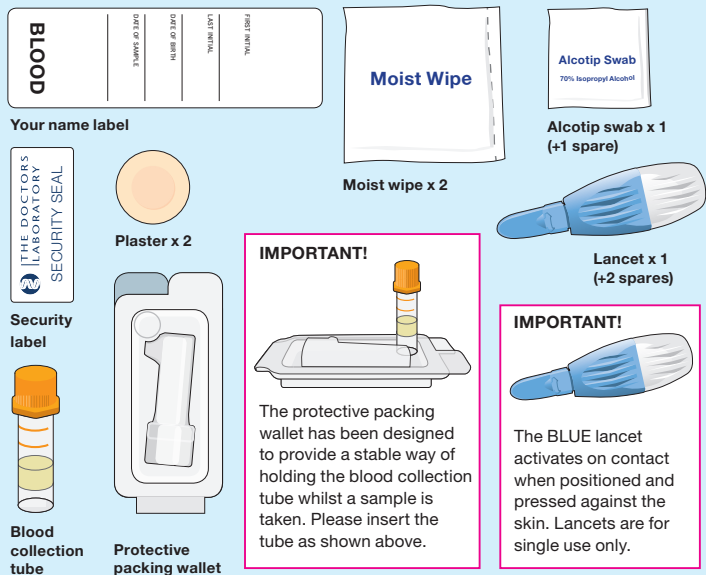
Please read these instructions first, slowly and carefully, the whole way through before attempting to collect your sample. A video showing how to collect your sample is available at [www.haus.org.uk](http://www.haus.org.uk)

Clearly complete the Name Label using a ball point pen with:

- Your First and Last Initial • Your Date of Birth • Date of Blood Collection

Do not affix the label to the blood collection tube until after collecting your sample. This is important as you will not be able to see how much blood you have collected if the label covers the sides of the tube.

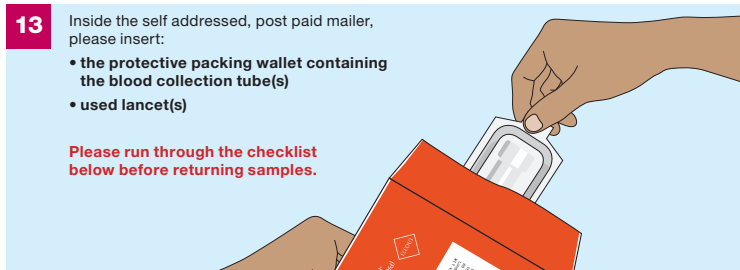
## Your sample collection pack contents



Make sure your tube(s) is labelled with your details using the label supplied in your pack. This is very important as unlabelled samples cannot be accepted.

Affix the label by placing the tube in the middle of the label and wrapping the label around the tube, as shown below.

Place the collection tube in the protective packing wallet provided.



## CHECKLIST

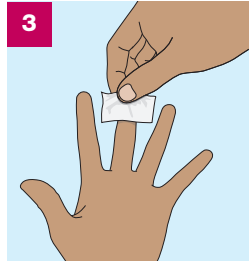
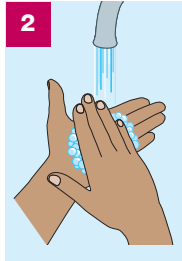
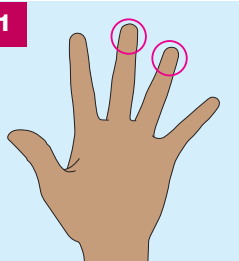
Before you return your samples please tick off the contents of the white self addressed post-paid mailer.

- Completed Request form
- Blood collection tube(s) in the protective packing wallet
- Used lancets

You are now ready to seal the white self addressed post-paid mailer.

Please post your samples to **The Doctors Laboratory** as soon as possible from **ANY** Royal Mail post box in the UK. No stamp is required within the UK.

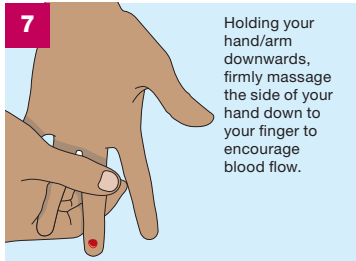
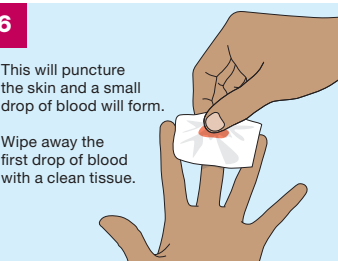
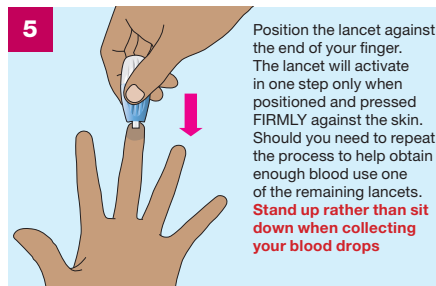
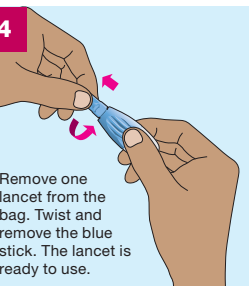
If you need assistance please contact The Doctors Laboratory on 020 7307 7373 or email [samples@tdlpathology.com](mailto:samples@tdlpathology.com). If you wish to return your lancets please enclose with your samples.



The best locations for collecting finger prick samples are from the 3rd or 4th finger of your non-dominant hand. This means if you are right handed, collect the sample from your left hand. Open your pack of lancets.

Wash your hands in warm soapy water. It is much easier to collect your sample if hands are warm. Dry them thoroughly with a clean, dry towel.

Using the Alcotip Swab clean the selected finger. Wipe dry with a clean tissue. Be sure your finger is completely dry as blood will not form a drop at the puncture site of a moist finger.



PLEASE TURN OVER TO FIND OUT WHAT HAPPENS NEXT



## The Doctors Laboratory

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Tel: 020 7307 7373 Fax: 020 7307 7374

E-mail: [tdl@tdlpathology.com](mailto:tdl@tdlpathology.com) Website: [www.tdlpathology.com](http://www.tdlpathology.com)

Once you are finished, all you need to do is put it into a postbox, and you will usually be contacted with your results within five working days.

If you are concerned because you have not heard back about your test result, please contact the research team – their contact details are on the information sheet you were provided when you were given the kit.

You will usually be contacted about your results through a text to your mobile phone, but if you do not have a mobile, or there is a problem with the sample, or if the test is reactive (meaning that you may have HIV), you will get a call from a health advisor who will advise you what to do next. If that is necessary, they will arrange for further testing and can put you into contact with local organisations that can provide you with any information and support you require. There is a lot they can do to give support and information to people in that situation, and people with HIV need to know that this is now a very manageable illness.

You should keep hold of your information sheet which has our contact details and your unique ID study number.