

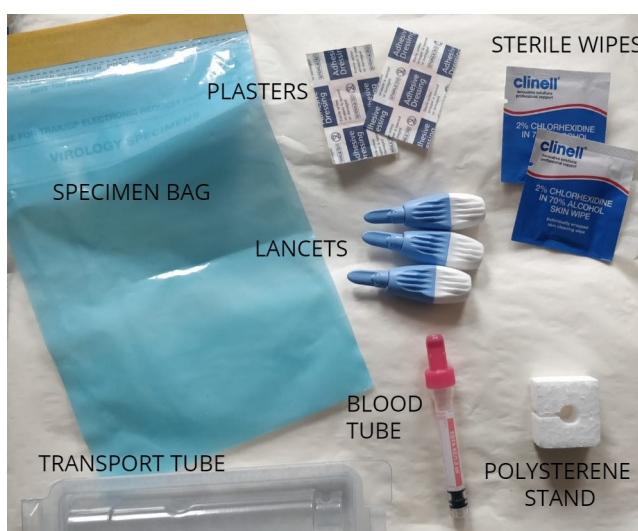
How to take a blood sample from your finger for HIV and Syphilis testing

Top tips

- Read through **all** of these instructions before you start.
- A video of how to do the test can be found on our [website PrEP page](https://tinyurl.com/y47ahw55)
- <https://tinyurl.com/y47ahw55>
- Lay out the contents of your kit and check the items against the picture so you know what each item is for.
- To help the blood flow have a hot shower or bath beforehand. Alternatively hold a warm mug or hand warmer for 15 minutes.
- Stay standing, have your hand below your waist and your arm straight.
- The lancet isn't painful but if you're worried you could ask someone to help
- If you are doing the swab and urine tests as well please put them in the same envelope.

Contents of Kits

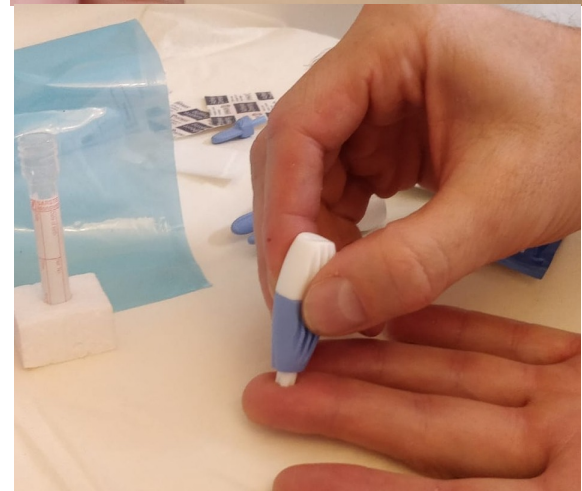
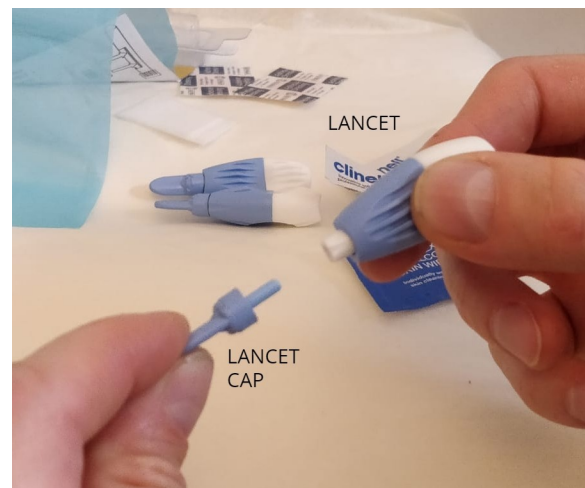
- Safety Lancet X3
- Sterile wipe
- Blood tube
- Transport case
- Plaster
- Envelope
- Blue sample bag



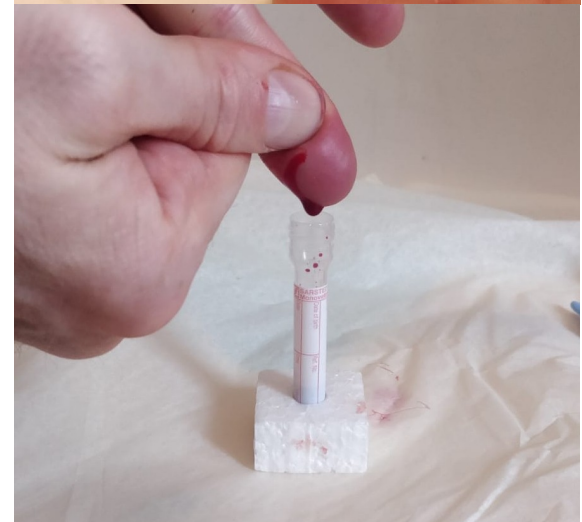
- Wash your hands with warm water, this will help the blood flow.
- Unpack the kit on a clean flat surface.
- Take the lid off the red topped tube and stand it in the hole in the polystyrene base.



- Use the alcohol wipe to clean your finger (your middle or index finger are best).
- Twist the cap off the lancet.
- You won't see the needle - it is hidden as a safety feature
- Rest your chosen finger on a hard surface.
- Place lancet on finger and push firmly against the finger to activate.
- Wipe away the first drop of blood with a clean tissue dry tissue.



- Hold your finger over the tube and massage from the knuckle down to the tip without touching the bleeding site.
- Allow the drops to fall into the tube.
- The tube needs to be at **least half full**.
- This is approximately 16 drops.
- It is very common that your finger stops bleeding before 16 drops have been collected. Additional lancets have been included to try another finger.



- Once the tube is half full put the red top back on and screw tightly in place.
- Turn the tube upside down 5 times to mix the blood in the tube.
- Wipe any blood from the outside of the tube or it may be rejected.
- Place back into transport case .
- Put into the blue sample bag and seal shut.
- Place into postage paid envelope and seal along with any other samples

