

CHRONOMICS

 BEFORE STARTING

Scan this QR code with
your phone

to register your kit



OR



Type this kit ID at
Chronomics.com/register

to register your kit



If you do not register your kit, your sample cannot be processed

CAPILLARY BLOOD COLLECTION KIT - INSTRUCTIONS FOR USE

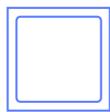
v1.6

Please ensure you read through all of these instructions before collecting your sample.

This kit is intended for the collection of a capillary blood sample for laboratory analysis, either with or without the supervision of a healthcare professional.

Sample collection contents

IMPORTANT: The lancets are single use ONLY. The lancet will activate when pressed down against the puncture site.



Alcohol wipes
+3 spares



Lancet
+ 3 spares



Plaster
+3 spares



Blood collection tubes (please
check online instructions for details)



Protective
packaging



Instruction leaflet
(this paper)



Barcode
label (2)



Pre-paid
envelope

Before you get started

- Collect your sample on a **Monday-Friday before noon**. The sample needs to be shipped to the lab on the same morning it is collected.
- Check the instructions for your specific return courier during online registration.
- Ensure you have enough time**. Collecting a blood sample typically takes about 15 minutes. It can take longer if you need to collect more than one sample.
- You will need internet access to register the kit.
- Prepare several **clean tissues** in advance.
- Please wait until **after** collecting your sample to stick the label on the collection tube. This ensures the marked line(s) on the tube can be seen.
- And remember: If you do not register your kit online before returning it, we will be **unable** to process your sample.
- If you are unable to fill the tube to the marked line, please do not return the sample as it will not be possible to provide results. If this occurs, please contact us.

Sample collection tips

Follow these tips for successful collection:

- Make sure you are **well hydrated**.
- Do some **light exercise** before collecting your sample if you can.
- **Make sure your hands are warm**. Soak your hands in warm water for a few minutes before collecting the sample.
- Short nails can make sample collection easier.
- Avoid using the lancet on hard or calloused skin.

Warnings and precautions

- You must read these instructions carefully before collecting your blood sample.
- Failure to follow the sampling procedure may lead to a compromised sample that cannot be tested and/or may impact the validity of test results.
- If the packaging or components are visibly damaged, or do not function as intended, please contact help.chronomics.com.
- Please keep the contents of this kit out of reach of children and pets. If any kit materials are swallowed, seek medical advice immediately.
- Do not use a lancet or a puncture site more than once, as this can lead to wound infection.
- Don't collect your sample immediately after strenuous exercise.
- If any of the below apply to you please talk to your healthcare provider before using this test kit to check if it is suitable for you:
 - You have poor circulation to your fingertips or severe swelling of the fingers.
 - You are at a high risk of excess bleeding, you have a blood coagulation disorder, or if you are taking anticoagulant medications.
 - You have had a double mastectomy.
 - You feel very unwell and/or need immediate medical assessment.
- If you have had a mastectomy you should only take blood samples from fingers on the opposite arm.
- Do not take this test if you have previously fainted or nearly fainted while self collecting a blood sample.
- If you experience complications such as excessive bleeding, swelling or allergic reaction, contact your local health authority or doctor immediately. Then report the issue to help.chronomics.com.
- This test kit is suitable for use as a self collection kit for adults (18+) only. This test kit should only be used for children between 10 and 18 under the supervision of a healthcare professional.

Label legend



Made in the UK. Chronomics Limited. BizSpace Wimbledon, 8 Lombard Road, London, SW19 3TZ, United Kingdom



C1SCK00200



For in Vitro Diagnostic Use.



Keep out of reach of children. Small cap may pose a choking hazard.



15°C / 25°C Store at 15-25° and keep away from direct sunlight.



Always consult package instructions.



Single use only.

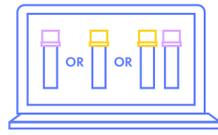
The kit contains sterile components.

UK
CA



Step 1

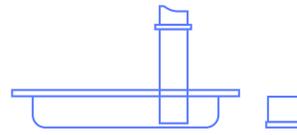
If you haven't done it yet, register your kit online at www.chronomics.com/register. You can scan the QR code or type in the kit ID.



Step 2

Important: When registering your kit online carefully check which collection tube(s) you will need for this test. Tests may require:

- purple tube only
- yellow tube only
- both purple and yellow tubes



Step 3

Open the protective packaging and use the case as a support to hold the tube(s) upright. Remove the cap and ensure the lancets, clean tissues, plasters, and alcohol wipes are ready for use. Ensure the caps **do not get mixed up** as this could contaminate the sample.



Step 4

Wash your hands thoroughly in warm water and soap. To further ensure adequate blood flow, perform the rest of the sample collection with your arm angled down and below the level of your waist.



Step 5

Dry your hands with a clean towel and ensure they are completely dry, otherwise it can hinder the blood collection process.



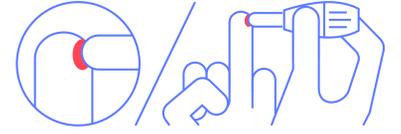
Step 6

Use the alcohol wipe to clean the tip of your **ring finger of your non-dominant hand** (the opposite hand to the one you write with). Allow the skin to air dry completely.



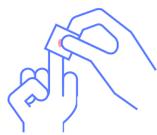
Step 7

Open the lancet by twisting off the blue cap - you are now ready to take your sample.



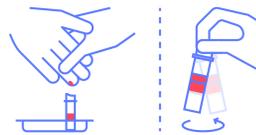
Step 8

To pierce the skin, place the lancet to **one side of the fleshy pad of your fingertip** as indicated, and press firmly against your finger to activate the lancet - you should hear a click.



Step 9

Wipe away the first drop of blood with a clean tissue.



Step 10

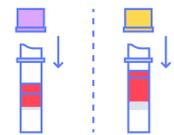
When collecting the purple sample, swirl the blood in the tube every 30 seconds.

Massage down to the pierced site but don't touch the pierced site directly. Guide blood droplets in with the lip of the tube until blood **reaches the top line**. Don't scrape your finger on the tube as this can damage blood cells.



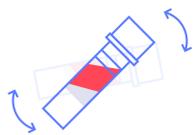
Step 11

If you are having trouble collecting blood, try wiping away the blood with a clean tissue then wait a few seconds for drops to reform. If you are still having trouble, select another finger - starting with the ring finger on your opposite hand. Clean it with one of the spare alcohol wipes provided and use a new lancet to try again. Do not use your pinky finger or thumb.



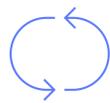
Step 12

Collect blood **to the top line of the tube**. **Close the tube immediately after collecting the blood** by putting the cap back on the tube and firmly pushing until you hear a click. If you are collecting one tube (or your last tube) you can wipe away excess blood from your skin and put on the plaster provided.



Step 13

Gently **turn the closed tube upside down 10 times**. Don't worry if the blood looks like it hasn't mixed.



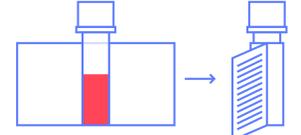
Step 14

If you are filling two tubes, repeat the process from Step 10 for the yellow tube.



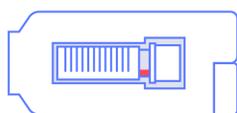
Step 15

Clearly fill your details on the barcode labels. **If you only needed to fill one tube it does not matter which barcode label you fill in.** You can return the spare label and tube with your kit.



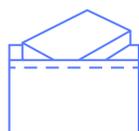
Step 16

Place the tube in the centre of the adhesive side of the label and bring the two ends together like a luggage tag. Make sure the barcode is visible. **If you filled two tubes, ensure each has a label attached.**



Step 17

Wrap the label around the tube and place it inside the rigid protective packaging. Ensure the packaging is securely closed.



Step 18

Insert the rigid packaging containing your samples into the collection kit box. Place the box in the pre-paid return envelope. Safely dispose of all used tissues, lancets and wipes.



Step 19

Your sample is ready to be returned. More information on how to return your sample is provided during the online registration at chronomics.com/register.

Checklist before sending back

Before returning your sample, please check the following:

- Your blood collection tube(s) is/are **correctly labelled** and enclosed in the rigid protective packaging
- You have correctly **registered your kit** at chronomics.com/register

Returning the sample

- Please return your sample by following the instructions provided as part of the registration flow in chronomics.com/register or following the information provided via email.