

## **Instructions for taking and posting blood samples**

1. Please check that the patient's name is correct on the bottles.
2. Please write the date of birth and the date the sample was taken on the tube.
3. Screw vacutainer needle into holder and insert needle into patient's vein.
4. Push rubber end of vacutainer provided into holder until pierced.
5. After vacutainer has sucked in the blood, remove this first sample and repeat step three for second sample i.e. push vacutainer into holder until pierced.
6. After vacutainer has sucked in blood, discard holder and needle into sharps box for incineration.
7. Place the vacutainers into the plastic mailing tube and screw the top on tightly.
8. Put the samples into the plastic bag and then into the freepost box to be posted the same day by the patient.

Thank you very much for all your help.