

BLOOD + HAIR SAMPLE | COLLECTION INSTRUCTIONS

Click the link below to watch Video Demonstration:

[Blood + Hair Sample Collection Tutorial](#)

1. Fill out name & date of collection on envelope provided
2. Cut 1 cm clipping of a lock of hair & place in the envelope
3. Wipe fingertip with alcohol wipe (keep aside to wipe finger after)
4. Twist off small tip from disposable lancet
 - *These are the same used to check blood glucose, available at any chemist/pharmacy*
5. Default depth setting is medium, which is suitable for women & children
 - Twist barrel to shallow depth for children 8yrs & under
 - Twist to maximum depth for men & those with hardened skin
6. Milk finger gently to draw blood toward finger tip
7. Clamp finger firmly above 1st digit joint to hold blood in fingertip
8. Hold lancet down firmly over sterilized fingertip & press plunger tip
9. If a 2-3mm drop of blood does not rise to the surface easily then pull skin away from puncture site to enlarge opening (demonstrated on video below)
10. Swab blood with bandage provided (or any cotton bandage/tissue), fold & place in envelope
11. Wipe & hold alcohol wipe over puncture site for a few minutes to sterilize & stop any bleeding.
12. Return by express post to the address shown below:

36 Wisteria Court, DILKARUH HOUSE Tallebudgera Valley, QLD 4228 AUSTRALIA