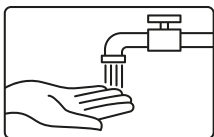


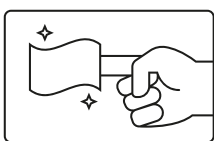
# Diabetes HbA1c - Instructions

1. Please remember to activate your test online before you return your sample otherwise the lab won't be able to process your sample.
2. Have 2 glasses of water 30 minutes before as being hydrated will help your blood flow better.
3. Return your sample on the same day you take. We recommend returning Monday-Thursday to avoid sitting in the post too long.
4. Please apply your URN stickers to the blood sample tube and the outer of the clear sample bag.

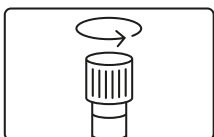
## Step 1 – Preparation & blood collection



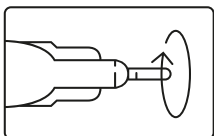
- a.** Wash your hands thoroughly before taking your sample. Now rotate your arm in a circular motion to increase blood flow.



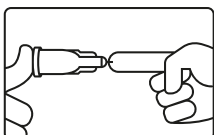
- b.** Disinfect your index or middle finger with the alcohol wipe provided and wait 15 seconds to dry.



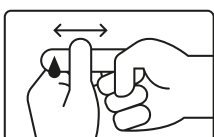
- c.** Remove the purple lid from your collection tube.



- d.** Hold the single use lancet horizontally, rotate the protective cover and remove.



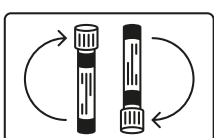
- e.** Hold the lancet against the tip of your selected finger, firmly press the button with your thumb. The lancet will activate with a 'click'.



- f.** Whilst standing up massage the punctured finger to form a drop of blood.

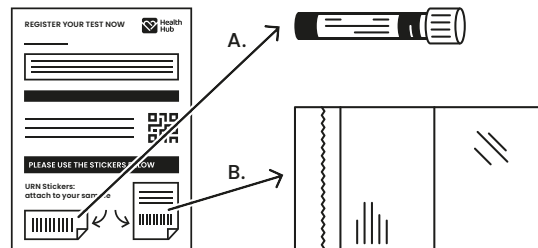


- g.** Allow the blood to drip into the collection tube. Re-lid and invert the tube every 4-5 drops for sample preservation.



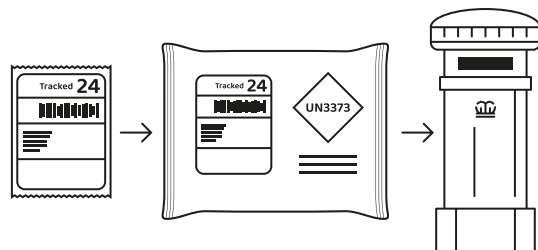
- h.** Once you've filled the tube to the top line, place the lid on firmly and invert a further 10 times to preserve the sample.

## Step 2 – Labelling your blood sample



- a.** Complete the details on your lab sample form.
- b.** Now apply the small barcode sticker 'A' to your blood collection tube.
- c.** Place the sample into the sample bag provided.
- d.** Apply the larger sticker 'B' to the outside of the sample bag.

## Step 3 – Posting your sample



- a.** Insert your bagged sample back into the UN3373 transport box provided and seal with the security seal sticker.
- b.** Insert the UN3373 transport box into the return mailing bag provided and carefully seal
- c.** Apply the return shipping label to the returns bag. Taking care not to cover the UN3373 symbol.
- d.** Please return your sample on a Monday-Thursday using any Royal Mail priority postbox.

## Before you return your test

Return your sample to the lab on the same day that you take it.

If you need assistance please email:  
[customercare@thehealthhub.com](mailto:customercare@thehealthhub.com)