



PATIENT INSTRUCTIONS

How to Avoid a Haemolysed Blood Sample

Finger-prick at-home blood test for testosterone monitoring



If you're using testosterone cream or gel

Please stop applying your testosterone for **full 2 days** before performing your finger-prick blood test. This helps ensure the accuracy of your results.



What is a haemolysed blood sample?

It means some red blood cells have broken down after the sample was collected. This can prevent the laboratory from analysing your sample, meaning the test may need to be repeated.

The main goal is simple: **warm hands, good blood flow, gentle collection, and same-day posting.**

Watch a step-by-step video guide:

<https://vimeo.com/1163949919/1ada2be891?fl=ip&fe=ec>



1



Drink water first

Drink 1-2 glasses of water 1 hour before taking your sample.

2



Warm your hands well

Have a warm shower or place your hands in warm water for 3-5 minutes.



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3



Collect in the morning

Collect your sample in the morning.

4



Choose the correct finger

Use the side of the middle or ring fingertip. Keep your hand below heart level for 1 minute before using the lancet.

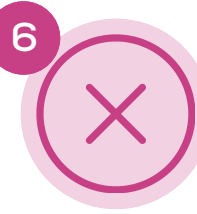
5



Let a large drop form naturally

After the finger prick, wait for the blood drop to form. Do not scrape the skin against the tube.

6



Do not squeeze the fingertip hard

Avoid repeated forceful squeezing. If needed, gently massage from the palm towards the finger, not just the fingertip.

7



Fill to the required line

Let blood drip into the tube naturally and follow the kit instructions. If you have not filled the tube to the required line, still send the sample.

8



Pack and post the same day

Post your sample on the same day before collection time. (Monday-Thursday)



This is particularly important during warmer weather, as if the sample remains in the post box for an extended period, the heat can affect the sample and may cause haemolysis.

