

# Labeling and Post Update

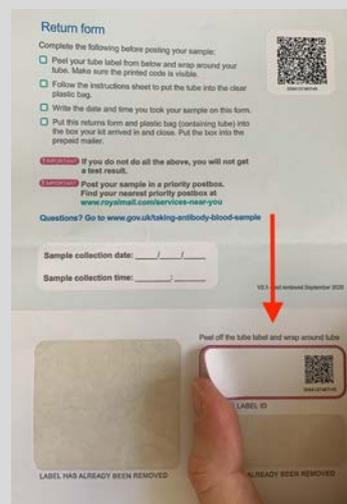
This is supplementary guidance to help you label and post your blood sample to us. Please read all of the guidance below before taking your blood sample.

## Labeling your sample

After collecting your blood sample, you will need to label it properly so the lab can identify your sample and process your results. Please follow these steps:

### 1. Peel label

**Peel your tube label** from the **bottom right of the return form**. You might see that there are two labels that have been removed from the return form. Don't worry about these, as they have already been attached to your return box and prepaid envelope.



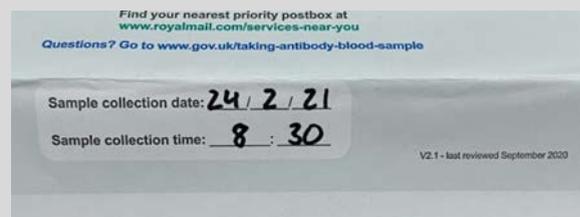
### 2. Apply the tube label

**Position the centre of the label on the tube** and **wrap the label around the tube**, ensuring that the label ends are stuck securely together (as shown in the picture), and that the QR code is visible.



### 3. Fill in the time & date

**Fill in the time and date section on the return form** with the time and date that you took your blood sample.



## Posting your sample

### 4. Put in the bag

Put the labeled tube and lancets inside of the clear plastic biohazard bag via the slit in the top of the bag (as shown in the picture).



### 5. Seal the bag

Remove the yellow sticker, and then fold and seal the bag.



### 6. Put it in the box

Put the clear plastic biohazard bag and the return form into the cardboard box and close the box.



### 7. Put it in the prepaid envelope

Put the box inside of the prepaid envelope that you were provided with and seal the envelope securely.



### 8. Post it to us

Post the prepaid envelope in a priority postbox that has the NHS logo on it. Find your nearest priority postbox here:

<https://www.royalmail.com/services-near-you>

