How do you take a finger prick sample for the Sport test?

You take this sample at home with a finger prick: a few drops of blood from your fingertip into the tube with the yellow cap. It takes a few minutes. [Advice of our lab on training before the sample.]

What is in the kit

- Probówka z zóltym korkiem i kodem zestawu
- 2 lancety bezpieczne
- Gazik do dezynfekcji alkoholem
- Stojak na probówki, do zlozenia
- Instrukcja
- Koperta zwrotna
- Woreczek ochronny
- Sterylny gazik
- Plaster
- Wklad chlonny
- Pudelko zestawu z nadrukiem
- Koperta wysylkowa
- Przedluzka do probówki
- Forma testu

Step by step

1. **Get everything ready**
   Unfold the tube stand and put the tube in it. Lay out the alcohol wipe, the safety lancets, the gauze pad and the plaster.

2. **Wash and warm your hands**
   Wash your hands with warm water and dry them well. Warm hands give blood more easily.

3. **Clean your fingertip**
   Choose the middle or ring finger of the hand you write with least. Clean the side of the fingertip with the alcohol wipe and let it dry.

4. **Prick the side of your fingertip**
   Press the safety lancet firmly against the side of your fingertip. Wipe away the first drop with the gauze pad. There is a second lancet in the kit.

5. **Fill the tube**
   Hold your hand low and let the drops fall into the tube up to [fill line: from our lab]. Massage gently

from your palm to your fingertip; don't squeeze hard.

6. **Close the tube**
   Close the yellow cap firmly and put the plaster on your finger.

7. **Register your kit**
   In your account, enter the kit code on the tube and the time you took the sample.

8. **Pack and post**
   Put the tube with the absorbent sheet in the safety bag, add the test form and close the return envelope. Post it the same day, on a Monday, Tuesday or Wednesday, so it isn't stuck in the post over the weekend.

Sending your sample back

[return label]

More information and ordering

https://www.novilabtest.com/pl-pl/product/test-sportowy/

A lab result is not a diagnosis and does not replace advice from a doctor. If you have symptoms or concerns, or a result is outside the usual range, please contact your doctor.