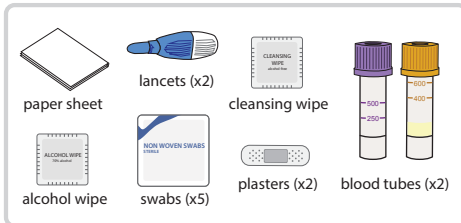


Longitudinal Evaluation of the Growth and Acquisition of Clones over Years in the blood

Instructions for fingerprick blood sample collection (using blood tubes)

Please read all the instructions below before collecting your sample

1 Prepare to collect your sample

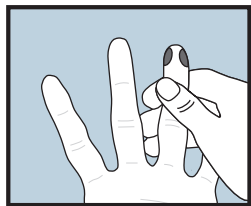


- Lay out all the items you will need on top of the provided **paper sheet**:
 - **alcohol wipe** (to clean your finger)
 - **lancet** (to prick your finger)
 - **swabs** (to wipe away first blood drop)
 - **2 blood tubes** (to collect blood drops)
 - **cleansing wipe** (to clean finger after)
 - **plaster**
- Wash your hands in warm water for ~1 minute and then clench and unclench your fist for ~15 seconds. This will help to get the blood flowing to your fingertips.

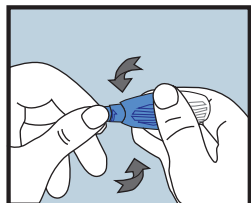
2 Collect your sample

- ! If the flow of blood stops, try wiping the fingerprick site with a clean swab. If the flow does not improve then use the spare lancet to prick another finger.

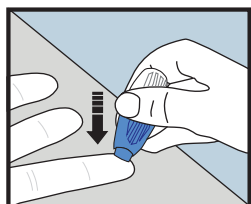
Stand up for the whole process if you can, or use a low table. Keeping your hand below your elbow level will help to keep the blood flowing to your fingertip. If you feel faint, stop and lie down straight away.



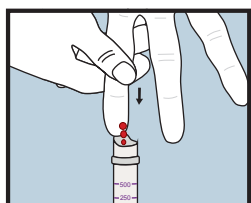
- Clean your fingertip with the alcohol wipe and allow to air-dry. We recommend using the middle or ring finger of your non-dominant hand. Do NOT use your little finger.



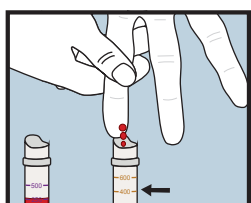
- Twist off the lancet tab.



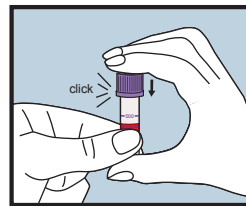
- Place your hand face up on a table and position the lancet against the outer centre of your fingertip. Press the lancet down firmly until you hear a click. Wipe away the first drop of blood with a clean swab.



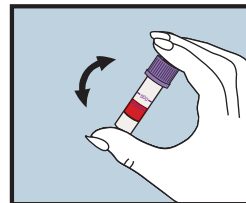
- Position the purple tube directly beneath your fingertip and gently massage your hand in a downward motion from palm to fingertip, every ~5 seconds, allowing the blood drops to fall in to the blood tube.



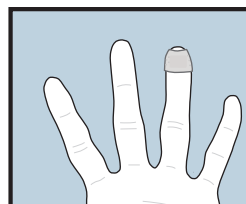
- Once the purple tube is filled to just above the 250 line, fill the yellow tube to just above the 400 line.



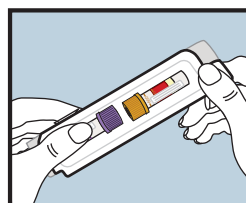
- Place the yellow and purple caps on their corresponding tubes - push them on until you hear a click.



- Gently turn each tube upside down ~10 times to ensure the samples are well-mixed inside the tubes.



- Clean your finger with the cleansing wipe and apply a plaster if needed.



- Give the tubes to a member of the LEGACY research team, who will label, package and post the tubes to the processing laboratory.

! Warnings and precautions:

If bleeding does not stop, apply firm pressure and elevate your hands. If this does not work, seek medical advice.

The risk of bleeding is increased if you are taking blood-thinning medication.

Watch out for signs of infection - if your fingerprick site becomes red, swollen or hot, seek medical advice.