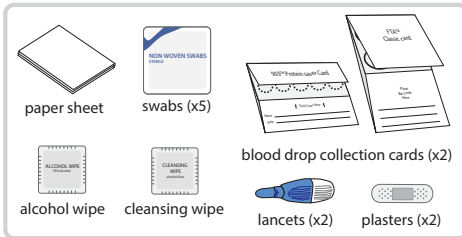


Longitudinal Evaluation of the Growth and Acquisition of Clones over Years in the **blood**

Instructions for fingerprick blood sample collection (blood drop collection cards)

Please read all the instructions below before collecting your sample

1 Prepare to collect your sample

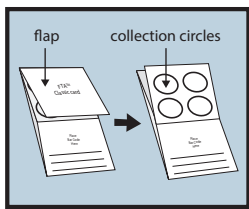


- Lay out all the items you will need on top of the provided **paper sheet**:
 - **alcohol wipe** (to clean your finger)
 - **2 collection cards** (to collect blood drops)
 - **lancet** (to prick your finger)
 - **cleansing wipe** (to clean finger after)
 - **swabs** (to wipe away 1st blood drop)
 - **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.

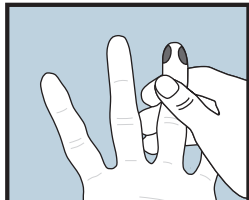
2 Collect your sample

- ! 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.

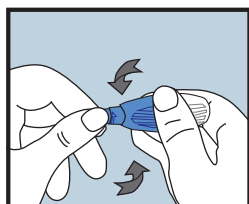
Stand up for the whole process if you can, or use a low table. Keeping your hand below your elbow level will help to keep the blood flowing to your fingertip. If you feel faint, stop and lie down straight away.



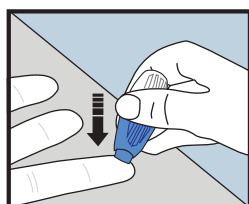
- Carefully open the flap on **both** of the blood drop collection cards, and tuck the flaps to the back, so that the blood collection circles are exposed. **Be careful to NOT touch the circles.**



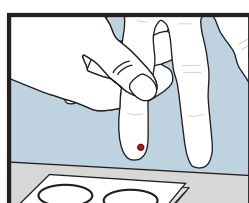
- Clean your fingertip with the alcohol wipe and allow to air-dry. We recommend using the middle or ring finger of your non-dominant hand. Do NOT use your little finger.



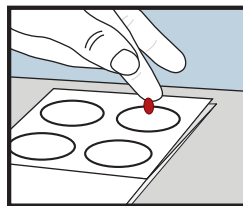
- Twist off the lancet tab.



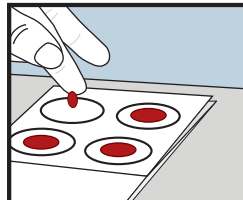
- Place your hand face up on a table and position the lancet against the outer centre of your fingertip. Press the lancet down firmly until you hear a click. Wipe away the first drop of blood with a clean swab.



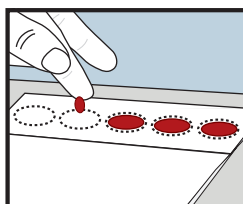
- Starting with the card with 4 circles:** Hold your finger over a circle on the card, using your other hand as a support. Gently massage your hand in a downward motion from palm to fingertip, every ~5 seconds.



- As a blood drop forms and is ready to fall, touch the blood drop on to the centre of one of the circles on the card, but **do NOT touch the card with your finger.**

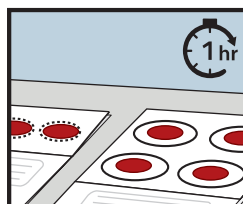


- Continue collection, placing a single blood drop in the centre of all of the 4 circles.



- Continue to the card with 5 circles,** placing a single blood drop in the centre of all of the 5 circles.

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



- Give the collection cards to a member of the LEGACY team. The cards will be labelled, left to **air dry for at least 1 hour**, then packaged and posted to the processing lab.

! 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.