



THE DOCTORS
LABORATORY

TDL Tinies™ & Self-collection samples



TDL Tinies™ & Self-collection samples

TDL TINIES™ (tinies@tdlpathology.com)

This list of tests covers some of the range that can be offered to patients for self-collection, using TDL TINIES™ and Royal Mail postal packs. Orders for TDL TINIES™ (packs with instructions) can be made up by TDL, by arrangement, and sent individually to patients, or supplied directly to doctors or healthcare companies. This is not a patient self-referral service and it is not point of care testing. All testing is undertaken in the laboratory and results are always returned directly to the healthcare company or doctor, **not to the patient**.

TDL TINY™ samples can be combined with other self-collected samples types (urine, stool, swabs, HPV).

In the case of positive Sexual Health, results will be reported with the recommendation for a venous sample to undertake confirmatory sample.

The sample volume from one TINY sample, when filled to the upper fill line, is **600 microlitres**. These, on receipt in the laboratory, are centrifuged and provide a volume of 300 microlitres of serum/plasma (depending on the tube type used). Different tests require varying amounts of sample, and this, together with analyser dead volumes, means that although certain tests can be carried out from TINY tubes, many tests simply cannot be achieved from these smaller sample volumes.

TDL TINY™ microtainers are manufactured by BD Diagnostics. They are designed for samples collection from skin puncture. BD Microtainers come with a variety of additives for various tests, have visible fill lines, and are colour coded as for standard BD Vacutainer tubes. Tubes and Lancets are CE marked. TDL TINY™ packs are made up by TDL and contain everything needed for a patient to self-collect their blood sample.

Recommendation: most people are not experienced at self-collection of their own blood. Whilst it is certainly possible to do a number of tests from one TINY and it is possible to collect for two or three microtainers – the most successful outcomes are collected by patients who read the instructions given in each pack, and who collect enough sample for one microtainer. Instructions for sample collection are enclosed in each pack. A completed **request form** must be enclosed with the returned sample. Results will always be sent to the requesting doctor /healthcare organisation.

There is a TDL TINY™ video to assist patients with sample collection.

Visit <http://www.tdlpathology.com/test-information/test-service-updates/tdl-tinies>

This can be personalised with logo and details.

For information and packs, please contact Annette Wilkinson 020 7307 7343 or email tinies@tdlpathology.com.

TDL Tinies™ & Self-collection samples

Tests that can be self-collected using TDL TINIES™

HAEMATOLOGY		
TEST	CODE	SAMPLE REQS
Full Blood Count	FBC	A
HbA1c	GHB	A

BIOCHEMISTRY		
TEST	CODE	SAMPLE REQS
Amylase	AMY	B
Calcium	CA	B
Calcium + Vitamin D	CALD	B
Carbohydrate Deficient Transferrin	CDT	B
C Reactive Protein	CRP	B
C Reactive Protein (High Sensitivity)	HCRP	B
Ferritin	FERR	B
HbA1c	GHB	A
Iron Status Profile (FE/TIBC/FERR)	ISP	B
Liver Function Tests	LFT	B
Lipid Profile	LIPP	B
Lp-PLA2 (PLAC) Test	PLA2	B
Uric Acid	UA	B
Vitamin B12 (Active)	B12	B
Vitamin D (25-OH)	VITD	B

ENDOCRINOLOGY		
TEST	CODE	SAMPLE REQS
AFP	AFP	B
Antimullerian Hormone	AMH	B
Beta HCG (Quantitative)	QHCG	B
Cortisol	CORT	B
DHEA Sulphate	DHEA	B
Female Hormone (LH/FSH/PROL/OEST)	FIP	B
FSH	FSH	B
HRT Profile 1 (FSH/OEST/PROG)	HRT	B
Insulin	INSU	B
Oestradiol	OEST	B
Progesterone	PROG	B
Prolactin	PROL	B
SHBG	SHBG	B
Testosterone	TEST	B
Thyroid Profile 1 (Free T4/TSH)	TF	B
Thyroid Profile 2 (T4, FT4, FT3, TSH, Thyroid Abs)	TF2	B
Thyroid Profile 3 (Free T3/Free T4/TSH)	TF3	B

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Tests that can be self-collected using TDL TINIES™

IMMUNOLOGY

TEST	CODE	SAMPLE REQS
Borrelia Antibodies (IgG/IgM)	BORR	B
Borrelia Antibodies (IgM)	BORM	B
Endomysial Antibodies IgA	AEAB	B
Gliadin Antibodies (IgG)	AGAB	B
H. pylori Antibodies (IgG)	HBPA	B
Tissue Transglutaminase IgA	TAA	B

VIROLOGY / SEXUAL HEALTH

TEST	CODE	SAMPLE REQS
Hepatitis B Surface Antigen	THBA	B
Hepatitis B Immunity (IgG)	THBI	B
Hepatitis C Antibodies	THCV	B
HIV1&2 Abs/p24 Ag	THIV	B
Syphilis IgG/IgM	TSYP	B

TUMOUR MARKERS

TEST	CODE	SAMPLE REQS
AFP	AFP	B
Beta HCG(Oncology)	HCGQ	B
CA 15-3	C153	B
CA 19-9	C199	B
CA 125	C125	B
CEA	CEA	B
HE4 + ROMA	HE4	B
Prostate Specific Antigen	PSPA	B

LIFESTYLE

TEST	CODE	SAMPLE REQS
Omega 3/Omega 6	OMG3	A
Vitamin B9 (Folic Acid) Red Cell	RBCF	A
Vitamin B9 (Folic Acid) Serum	FOLA	B
Vitamin B12 (Active)	B12	B
Vitamin D (25-OH)	VITD	B

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TDL TINY™ SAMPLE COLLECTION

Sample collection instructions

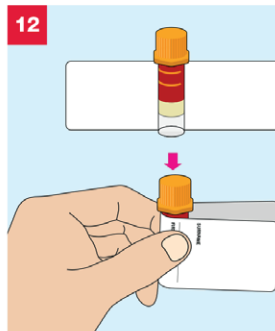
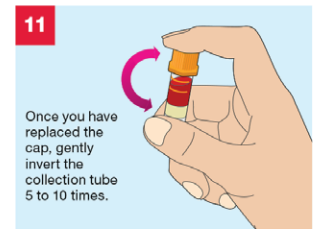
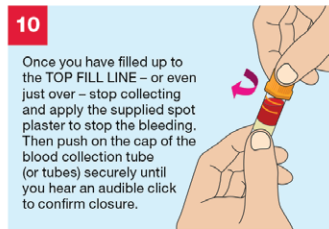
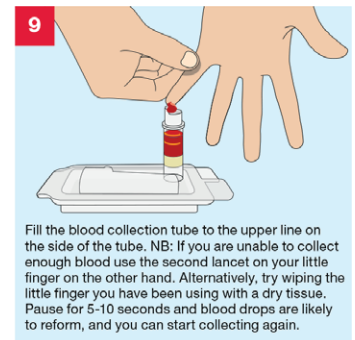
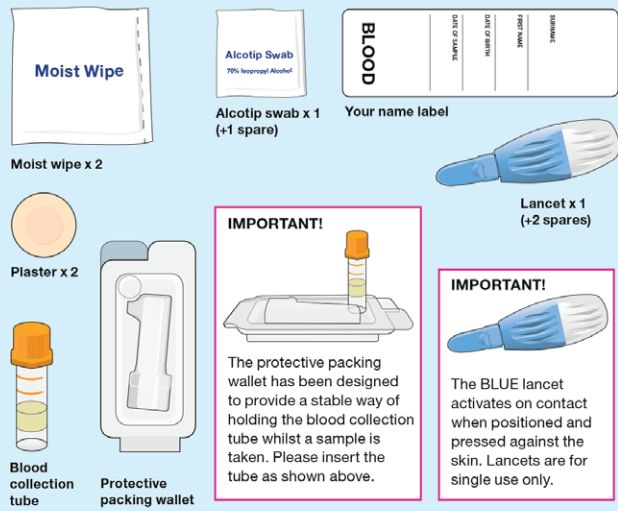
Please read these instructions first, slowly and carefully, the whole way through before attempting to collect your sample.

Clearly complete the Name Label using a ball point pen with:

- Your Surname • Your Date of Birth • Your First name • Date of Blood Collection

Do not affix the label to the blood collection tube until after collecting your sample. This is important as you will not be able to see how much blood you have collected if the label covers the sides of the tube. Sample self-collection is carried out at an individual's own risk.

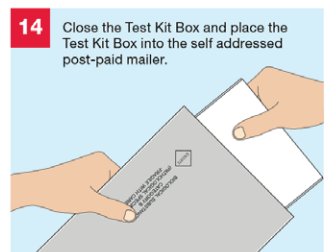
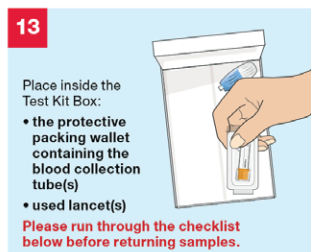
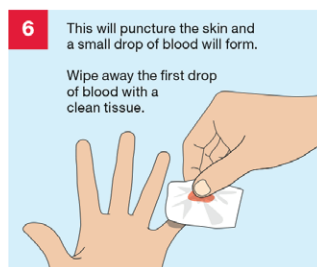
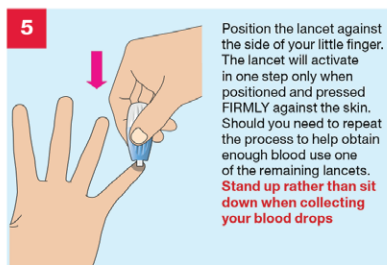
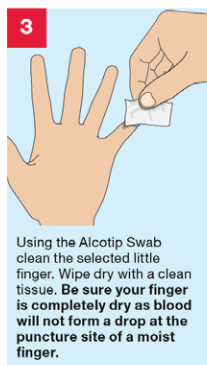
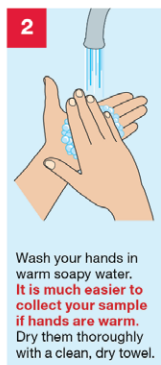
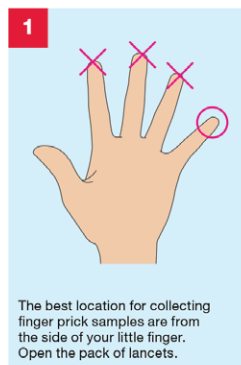
Your sample collection pack contents



Make sure your tube(s) is labelled with your details using the label supplied in your pack. **This is very important as unlabelled samples cannot be accepted.**

Affix the label by placing the tube in the middle of the label and wrapping the label around the tube, as shown below.

Place the collection tube in the protective packing wallet provided.



CHECKLIST

Before you return your samples please tick off the contents of the self addressed post-paid mailer.

- Completed Request form
- Blood collection tube(s) in the protective packing wallet
- Used lancets
- Place all of the samples into the Test Kit Box

You are now ready to seal the self addressed post-paid mailer.

Please post your samples to **The Doctors Laboratory** as soon as possible from **ANY** Royal Mail post box in the UK. No stamp is required within the UK.

If you need assistance please contact The Doctors Laboratory on 020 7307 7373 or email samples@tdlpathology.com. If you wish to return your lancets please enclose with your samples.

The Doctors Laboratory, The Halo Building, 1 Mabledon Place, London WC1H 9AX
Tel: 020 7307 7373 Fax: 020 7307 7374 E-mail: tdl@tdlpathology.com
Website: www.tdlpathology.com

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THROAT/NASAL SWAB SAMPLE COLLECTION

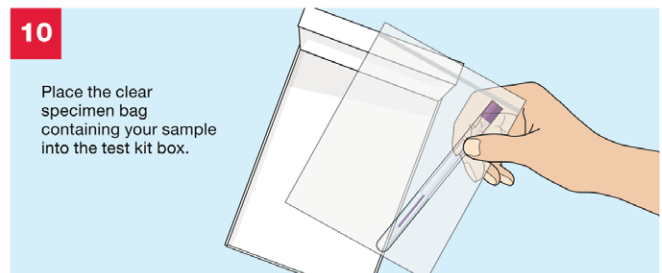
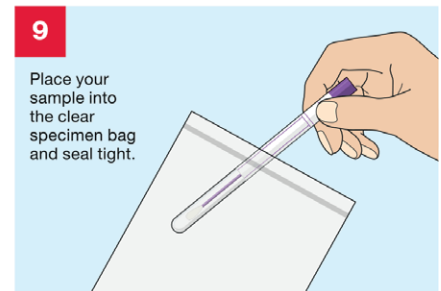
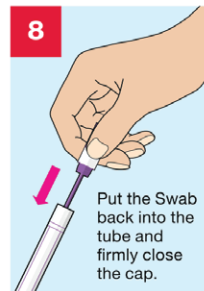
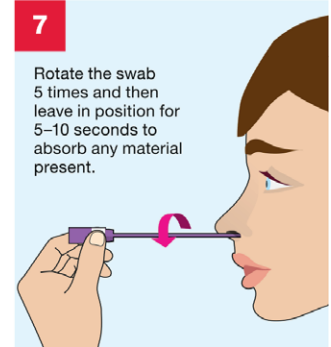
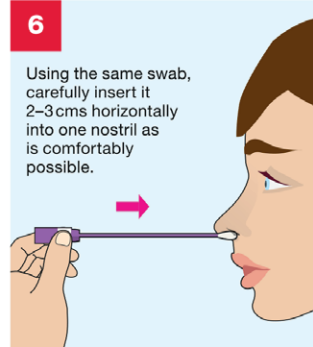
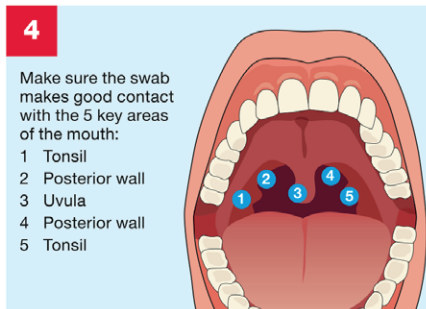
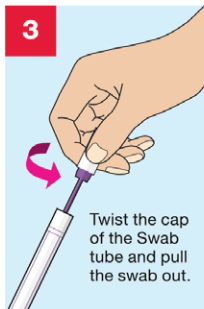
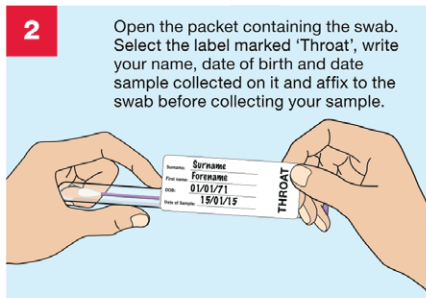
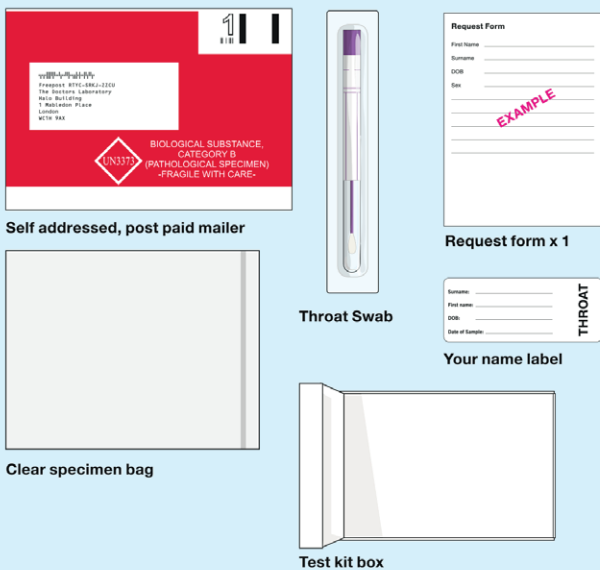
Sample collection instructions

Please read these instructions first, slowly and carefully, the whole way through before attempting to collect your sample.

Clearly complete the Name Label using a ball point pen with:

- Your Surname • Your Date of Birth • Your First name • Date of Swab Collection
- Sample self-collection is carried out at an individual's own risk.

Your sample collection pack contents



CHECKLIST

Before you return your samples please tick off the contents of the self addressed post-paid envelope.

- Completed Request form
- Throat/Nasal swab is sealed inside specimen bag and this is placed inside the test kit box

You are now ready to seal the self addressed post-paid envelope.

Please post your samples to The Doctors Laboratory as soon as possible from ANY Royal Mail post box in the UK. No stamp is required within the UK.

If you need assistance please contact The Doctors Laboratory on 020 7307 7373 or email tdl@tdlpathology.com.

The Doctors Laboratory, The Halo Building, 1 Mabledon Place, London WC1H 9AX
Tel: 020 7307 7373 Fax: 020 7307 7374 E-mail: tdl@tdlpathology.com
Website: www.tdlpathology.com

TDL Tinies™ & Self-collection samples

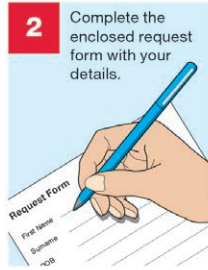
STEP 2 URINE SAMPLE COLLECTION

1



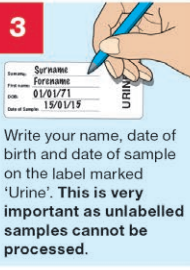
Wash your hands.

2



Complete the enclosed request form with your details.

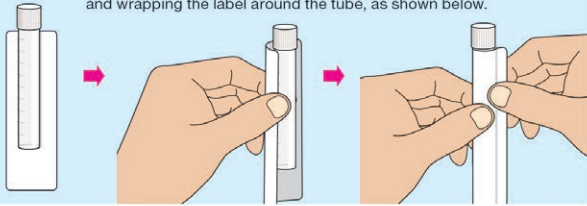
3



Write your name, date of birth and date of sample on the label marked 'Urine'. **This is very important as unlabelled samples cannot be processed.**

4

Affix the label by placing the tube in the middle of the label and wrapping the label around the tube, as shown below.



5

Squeeze the sides of the urine collection box to expand it.

The box has a plastic lining inside to contain the urine. Please take care not to damage or puncture the lining.

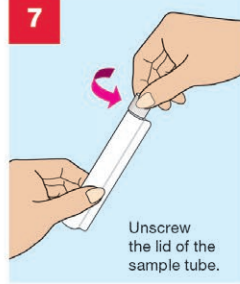


6

Pass the first part of your urine into the urine collection box until it is half full then finish in the toilet.



7



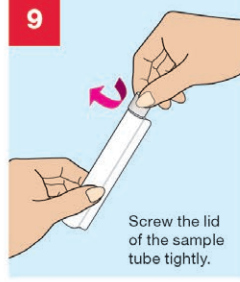
Unscrew the lid of the sample tube.

8



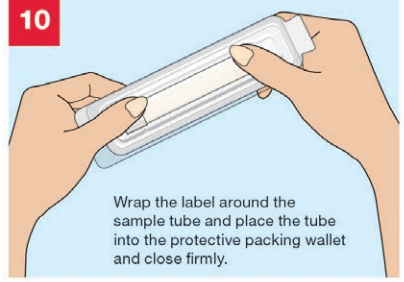
Very carefully fill the urine sample tube from the urine collection box, taking care not to get liquid on the outer of the sample bottle. Discard any remaining urine and dispose of collection box.

9



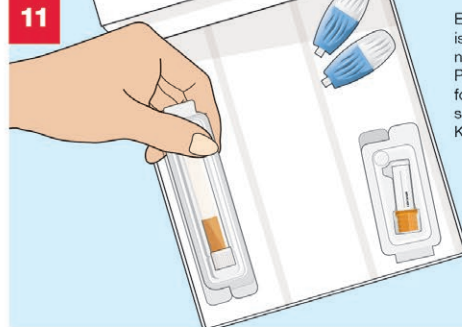
Screw the lid of the sample tube tightly.

10



Wrap the label around the sample tube and place the tube into the protective packing wallet and close firmly.

11



Ensure that the form is completed with all necessary details. Place the completed form and your urine sample into the Test Kit Box.

TDL Tinies™ & Self-collection samples

STEP 3

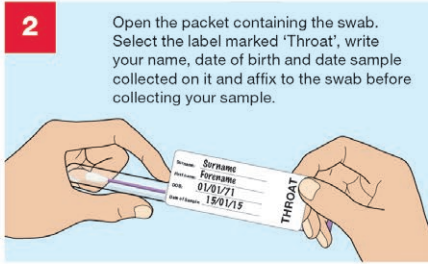
THROAT SWAB SAMPLE COLLECTION

1



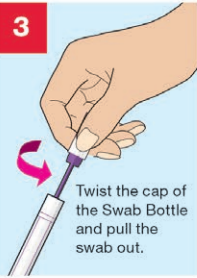
Wash your hands.

2



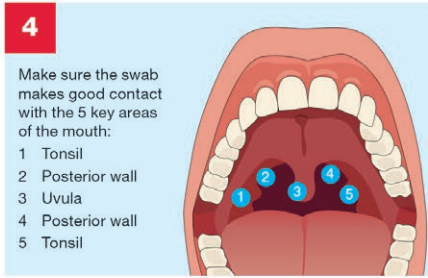
Open the packet containing the swab. Select the label marked 'Throat', write your name, date of birth and date sample collected on it and affix to the swab before collecting your sample.

3



Twist the cap of the Swab Bottle and pull the swab out.

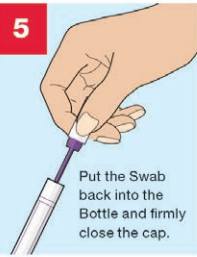
4



Make sure the swab makes good contact with the 5 key areas of the mouth:

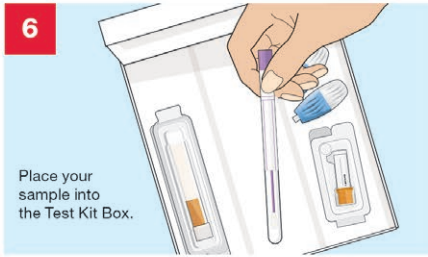
- 1 Tonsil
- 2 Posterior wall
- 3 Uvula
- 4 Posterior wall
- 5 Tonsil

5



Put the Swab back into the Bottle and firmly close the cap.

6



Place your sample into the Test Kit Box.

STEP 4

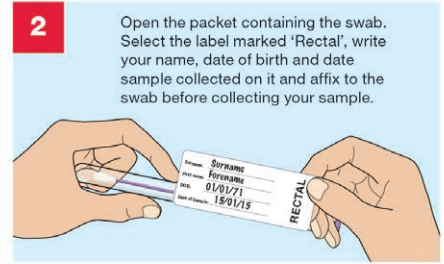
RECTAL SWAB SAMPLE COLLECTION

1



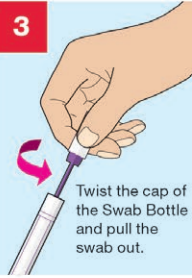
Wash your hands.

2



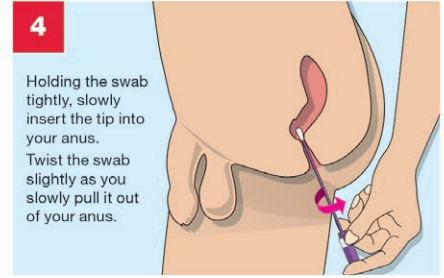
Open the packet containing the swab. Select the label marked 'Rectal', write your name, date of birth and date sample collected on it and affix to the swab before collecting your sample.

3



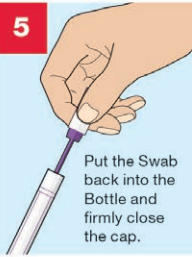
Twist the cap of the Swab Bottle and pull the swab out.

4



Holding the swab tightly, slowly insert the tip into your anus. Twist the swab slightly as you slowly pull it out of your anus.

5



Put the Swab back into the Bottle and firmly close the cap.

6



Place your sample into the Test Kit Box.

7

Please run through the checklist on the left before returning samples.

Seal the Test Kit Box using the security sticker provided. Place the Test Kit Box into the grey self addressed post-paid mailer.



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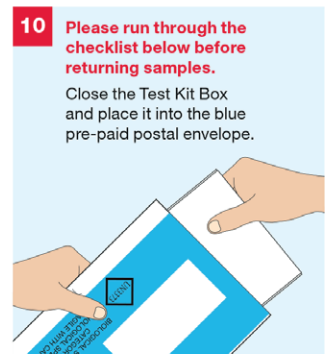
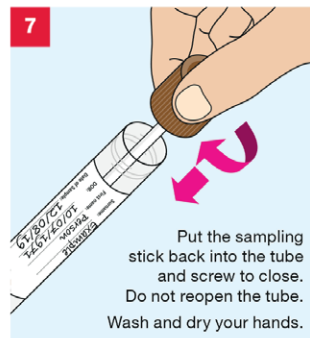
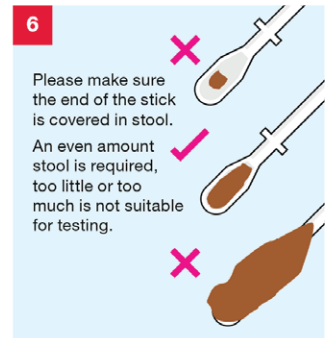
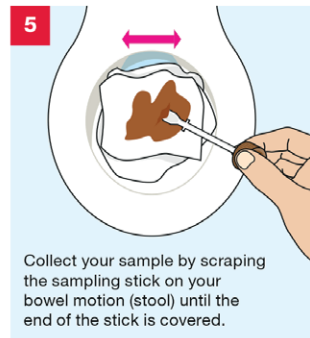
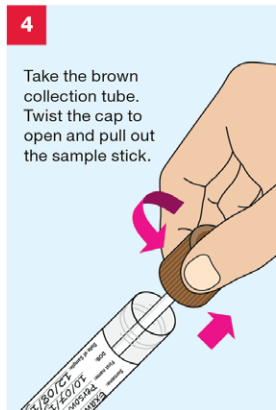
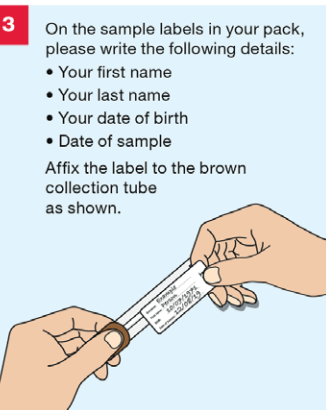
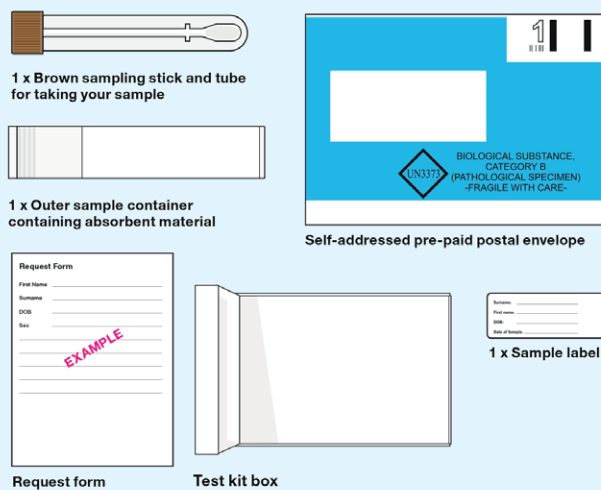
STOOL SAMPLE

This kit requires you to take a sample from a bowel motion (also called a stool) for the tests your doctor has requested. Please read through these instructions first, slowly and carefully, the whole way through before attempting to collect your samples. In order to do this collection you will need to produce a bowel motion.

Clearly complete the Sample labels using a ball point pen with:

- Your Surname
- Your First name
- Your Date of Birth
- Date of Collection

Your sample collection pack contents



CHECKLIST

Before you return your sample in the blue pre-paid postal envelope confirm the following:

- Brown collection tube is labelled and placed inside the outer sample container, with the absorbent material in place.
- The completed test request form is enclosed with the samples in the test kit box.

You are now ready to seal the blue pre-paid postal envelope. Please post your samples to **The Doctors Laboratory** as soon as possible from **ANY** Royal Mail post box in the UK. No stamp is required within the UK.

If you need assistance please contact The Doctors Laboratory on 020 7307 7373 or email samples@tdlpathology.com.

The Doctors Laboratory, The Halo Building, 1 Mabledon Place, London WC1H 9AX
Tel: 020 7307 7373 Fax: 020 7307 7374 E-mail: tdl@tdlpathology.com
Website: www.tdlpathology.com

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FIT TEST (QFIT)

What is the FIT Test (QFIT) home test kit?

This is a simple test that looks for tiny amounts of blood in your bowel motion (also called a stool). Please read these instructions first, slowly and carefully, the whole way through before attempting to collect your sample. In order to do this test you will need to produce a bowel motion.

Clearly complete the Sample label using a ball point pen with:

- Your Surname
- Your First name
- Your Date of Birth
- Date of Collection

Your sample collection pack contents



Green sampling stick and tube for taking your sample

Sample: _____
First name: _____
DOB: _____
Date of Sample: _____

Sample label

Request Form

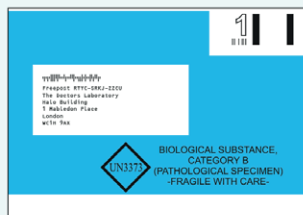
First Name: _____
Surname: _____
DOB: _____
Sex: _____

EXAMPLE

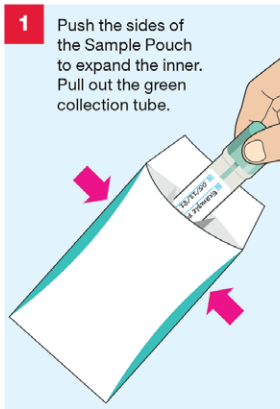
Request form



Sample pouch



Self-addressed pre-paid envelope



- 1** Push the sides of the Sample Pouch to expand the inner. Pull out the green collection tube.

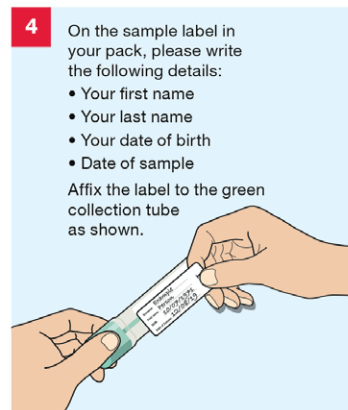


- 2** The test can be done at any time of day or night. Place a bed of toilet paper in the bowl to make it easier to collect your sample. Perform your bowel motion. If possible, try to prevent the sample from touching the water.



3

Wash and dry your hands.



- 4** On the sample label in your pack, please write the following details:

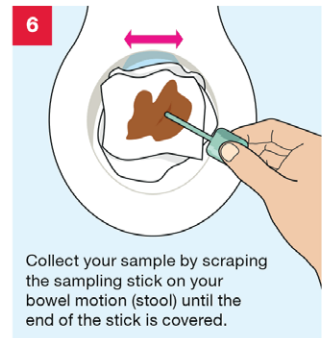
- Your first name
- Your last name
- Your date of birth
- Date of sample

Affix the label to the green collection tube as shown.



5

- Take the green collection tube. Twist the green cap to open and pull out the sample stick.



6

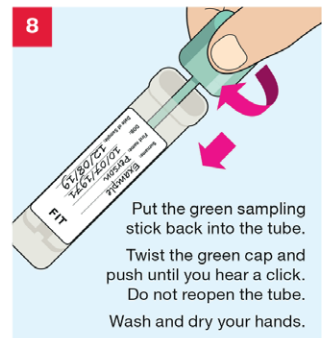
- Collect your sample by scraping the sampling stick on your bowel motion (stool) until the end of the stick is covered.



7

- Please make sure the ridged end of the stick is covered in stool.

An even amount stool is required, too little or too much is not suitable for testing.



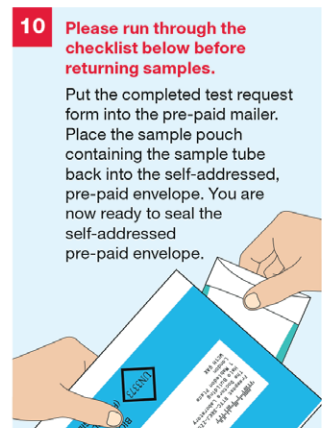
8

- Put the green sampling stick back into the tube. Twist the green cap and push until you hear a click. Do not reopen the tube. Wash and dry your hands.



9

- Push the sides of the Sample Pouch to expand the inner. Put the green collection tube into the inner slot and seal.



10

- Please run through the checklist below before returning samples.**

Put the completed test request form into the pre-paid mailer. Place the sample pouch containing the sample tube back into the self-addressed, pre-paid envelope. You are now ready to seal the self-addressed pre-paid envelope.

CHECKLIST

Before you return your sample in the blue pre-paid postal envelope confirm the following:

- Green collection tube is labelled and placed inside the sample pouch.
- The completed test request form is enclosed with the sample in the envelope

You are now ready to seal the blue pre-paid postal envelope.

Please post your samples to **The Doctors Laboratory** as soon as possible from **ANY** Royal Mail post box in the UK. No stamp is required within the UK.

If you need assistance please contact The Doctors Laboratory on 020 7307 7373 or email samples@tdlpathology.com.

The Doctors Laboratory, The Halo Building, 1 Mabledon Place, London WC1H 9AX
Tel: 020 7307 7373 Fax: 020 7307 7374 E-mail: tdl@tdlpathology.com
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