

## **Anaemia Test Instructions**

### **What is anaemia?**

Anaemia is a reduced level of haemoglobin in the blood. Haemoglobin, (contained in the red blood cells) obtains oxygen from the lungs and carries it to all the body's' cells. Here it is used as fuel in the metabolism of sugar and fat to produce energy, so, when the level of oxygen in the blood is reduced, tiredness and other symptoms of anaemia result. To produce red blood cells, the body needs (among other things) iron, vitamin B12 and folic acid. If there is a lack of one or more of these ingredients, anaemia will develop.

### **What symptoms does anaemia cause?**

The first symptoms will be:

- Tiredness and poor concentration.
- Palpitations (awareness of the heartbeat).
- Shortness of breath and dizziness.

If anaemia is severe, angina (chest pain), headaches and leg pains can occur.

### **How accurate is this test?**

Comparison between methods showed the anaemia metre has an accuracy of over 96% and is more than 97% specific for identifying anaemia as identified by a low haemoglobin level. Both the accuracy and specificity of the anaemia metre compare favourably with laboratory based tests.

### **Before you start the test:**

#### **Cautions and limitations:**

1. Failure to follow instructions may affect the accuracy of the test result.
2. Use device within 30 minutes of removing from the foil pouch
3. Not intended for individuals under 18 years of age.
4. Do not use this product if you have a blood clotting disorder or are taking prescription medications that thin your blood.
5. Results less than 8g/dL and greater than 16g/dL need to be confirmed by professional laboratory methods.

Check that the kit contains:

- 2 x lancets
- Alcohol wipe
- Plaster
- Gauze pads.
- Anaemia metre device in foil pouch.
- Instruction leaflet.

### **Preparing for the test:**

- Wash your hands with warm water and dry thoroughly.
- Carefully remove the anaemia test from the foil pouch.
- Remove the sterile gauze pad and plaster from their wrappers
- Remove the plastic cap from the lancet. Do not touch the exposed surface of the lancet once the cap is removed.
- Understand the anaemia metre.



### How to do the Test

- Using gentle pressure, massage the finger (the middle or ring finger is the best) from which the sample is to be taken by gently working the thumb of your free hand up to the tip of the finger.
- Use the alcohol wipe to clean the chosen finger and let dry before proceeding.
- Hold the lancet steady, press down firmly until it 'clicks' and then release. It is important to press the finger pricker firmly against the fingertip otherwise the skin will not be punctured.
- Using the gauze pad, wipe away the first sign of blood.
- Holding the punctured site downwards, with palm of hand facing upwards, continue to gently massage the finger until a large drop of blood appears.
- Gently squeeze the finger to encourage a drop of blood to form. It will help to hold the finger pointing downwards.
- Each drop must be large and 'hanging' and look like a teardrop before touching it to the Blood Target Post in the Fill Port.



- Do not proceed further until the collection view changes from a white cross to a red cross. It may take as many as 3 large hanging blood drops to turn the cross red.
- Once the collection view has turned to a red cross you can apply the plaster to your finger if required.
- While holding the anaemia metre steady carefully remove the protective tab from the plunger with a single upward motion.
- After the tab has been removed, it is now time to push the plunger into the anaemia metre to activate the testing process. You must push the plunger in within 10 minutes of collecting the blood. Do not handle or move the anaemia metre while waiting for your result.
- The anaemia test metre will take about 20 minutes to complete.

### Reading the results

After 20 minutes look at the scale to read your result. Observe the quality check window. If the quality check window has turned either green or red your test is valid. If the quality check window remains white your test is invalid.

To read your result, follow the scale from left to right. Read the scale where the white bar changes to green. This is your result.

**Interpreting your results:**

Normal haemoglobin ranges in men are 14-18 g/dL (grams per decilitre) and in women 12-16 g/dL. This should only be used as a guide as 'normal' can vary from person to person. Your doctor will be able to determine the level which is normal for you.

**What to do with the test results:**

If your result shows that your haemoglobin is in the normal range for your gender then write down the result for future reference and discard the test. If your result shows that you are lower than 'normal range' and therefore possibly anaemic then you should make an appointment with your doctor to discuss the result and what form of treatment would be appropriate for you. The test result will remain stable for 30 days.