

**F**ingerprick

**A**utologous

**B**lood

Training Pamphlet

The treatment that we are investigating involves placing a drop of your own blood from your finger into your eye four times per day. **ONLY USE YOUR OWN BLOOD**

### **Preparation**

You will be supplied with lancets, finger wipes and a sharps box. Please cut your nails short on the finger(s) that you wish to use.

### **Producing a fingertip drop of blood**

Wash your hands with soap and warm water and wipe dry with a clean towel. Then use an alcohol finger wipe to wipe a finger on your non-dominant hand: Creating a drop of blood on a finger of the non dominant hand is usually easier.

Take a new lancet and use it to prick the finger as per instructions on the lancet box. Then throw the lancet away in the sharps box. When your sharps box is full, please return it closed to the eye clinic on your next visit, where you will be provided with a new sharps box.

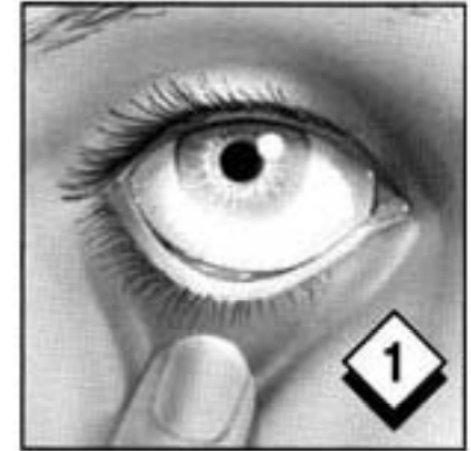
A small drop of blood will slowly form on your finger. You may need to squeeze your finger slightly to encourage the drop of blood to form. Pricking your finger in some places can cause much less pain than in others. It takes time to find the best place. You can use a different finger each time if you prefer.

### **Applying the blood drop to the eye**

Looking in the mirror, pull down the lower lid of the eye to be treated with the hand that has not been pricked and touch the inside of the lower lid with the drop of blood.

Your vision may become slightly blurred or tinted red for a minute, but then returns to normal. It should not hurt or sting. If it does, report this to your doctor.

Wipe your finger again with an alcohol swab.



### **Helpful tips**

- If treating both eyes with finger prick drops of blood, please ensure you use a different finger for each eye to avoid spreading infection from one eye to the other.
- If you develop any infection or persistent pain at your fingertips, please stop using that finger and contact your GP and the research team (contact details can be found on your patient information sheet).