

Instructions

Please note the following guidelines regarding the blood collection – the correct collection is important for achieving unaltered laboratory results!

Do not forget to label your blood collection card!



Your kit includes:

- ✓ This instruction
- 1 Blood collection card
- 1 Alcohol pads
- 1 Sterile gauze pads
- 2 Single use lancets
- 1 Adhesive bandages
- 1 Specimen bag
- 1 Desiccant pack

Safety Precaution:

Do not use without the presence of another person if you have problems with seeing blood.
Do not use without consulting your doctor or practitioner if you have a history of congenital or acquired blood-clotting disorder or if you use certain anticoagulant treatment.
Keep this kit out of the reach of children.

Tips for proper blood collection

Sample should be collected within **the first 30 minutes of waking** in the morning.

Fasting for 10-12 hours without any food or drink except water is required if testing for lipids and other cardio health markers.

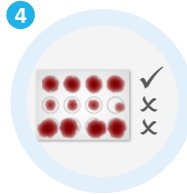
Keep blood card and hands below your heart during collection for best blood flow.



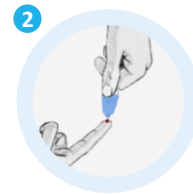
- ➔ Position finger over the circle, keeping your hand below your heart during collection, and stroke your finger from base to tip.
- ➔ As blood drop is ready to fall, touch the drop to the center of the circle – **without touching the blood collection paper with your finger.**



- ➔ Wash your hands with warm water for at least 30 sec, then shake hands vigorously for 15 sec towards the floor.
- ➔ Clean fingertip of the middle or ring finger of your non-dominant hand with alcohol pad.



- ➔ Fill each circle on the blood collection paper completely.
- ➔ Only one drop of blood will be required to fill each circle. **Do not overlap blood drops on the same spot.**
- ➔ Allow blood card to air dry for at least 10 minutes. Do not heat or blow dry!



- ➔ Take the single use lancet and twist off the cap.
- ➔ Place your hand on a solid surface and press the lancet firmly into the **side** of your fingertip, until the needle ejects with a click. Wipe off the first drop with sterile gauze pad.



- ➔ Place blood card into biohazard bag with the desiccant pack.
- ➔ Place the properly sealed pouch in the refrigerator until you are ready to mail.
- ➔ For shipping, place everything together with the sample dispatch note in the grey plastic envelope.