

### 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
- 2 Alcohol pads
- 2 Sterile gauze pads
- 2 Single use lancets
- 2 Adhesive bandages
- 1 Specimen bag

### 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

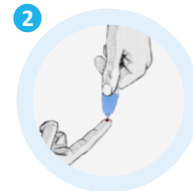
Hydration promotes blood flow. Be sure you are not dehydrated when performing collection.

Do not perform collection immediately after smoking.

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



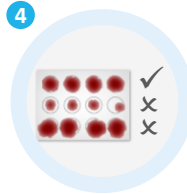
- ➔ Wash your hands with warm water for at least 30 sec, then shake hands vigorously for 15 sec towards the floor.
- ➔ Clean fingertip of the middle or ring finger of your non-dominant hand with alcohol pad.



- ➔ 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.



- ➔ 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.**



- ➔ Fill each circle on the blood collection paper completely.
- ➔ More than one drop of blood can be required to fill each circle. **Blood should soak all the way through each circle of the paper.** It is okay for blood to extend a little beyond lines.



- ➔ Allow blood card to air for at least 10 minutes. Do not heat or blow dry!
- ➔ Place blood card into biohazard bag with the absorbent pad. Ensure biohazard bag is properly sealed.
- ➔ For shipping, place everything together with the sample dispatch note in the grey plastic envelope.