

TO PREVENT REJECTED SPECIMEN, PLEASE READ ALL INSTRUCTIONS BEFORE BEGINNING COLLECTION



IMPORTANT: REGISTER YOUR KIT FIRST
Your sample will NOT be processed unless it is registered.

When do you collect your sample?

Collect your sample on your terms. Best to do it when you are feeling relaxed and you have at least an hour time.

Set aside some time: **your sample will need to dry for 30 minutes** before shipping within 24 hours.

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.

Your kit includes:



- Blood collection card (1 or 2 depending on test kit)
- 2 Alcohol pads
- Single use lancets (Up to 4 depending on test kit)
- 2 Adhesive bandages
- 1 Specimen bag with silica gel

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.

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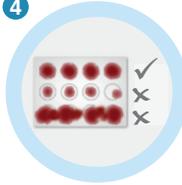
- Position finger over the circle, keeping your hand below your heart during collection, and stroke your finger from base to tip.
- Starting at the center, apply 3-6 drops to fill the circle and soak through the paper. Do not touch the paper with your finger! It is ok for blood to extend a little beyond lines, but do not let blood spots spread into each other.

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- 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.

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- Fill each circle on the blood collection paper completely. Use the second lancet if needed.
- Check the backside of the paper. Blood should saturate all the way through and fill each circle.
- Allow blood card to air dry for at least 30 minutes. Do not heat or blow dry.
- Do not add additional blood to a circle once completed or dry.

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- 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. Lancets are single use.

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- Allow blood card to air for at least 30 minutes. Do not heat or blow dry!
 - Write your name, DOB and the date of collection on the card. Unlabeled cards cannot be analyzed!
 - Place blood card into bio hazard bag. Ensure bag is properly sealed.
- *If your kit contains 2 blood collection cards, please repeat the steps.*