

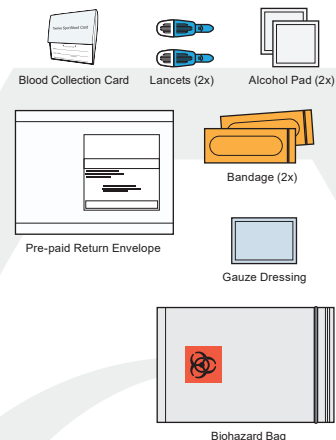


IMPORTANT: REGISTER YOUR KIT FIRST
Your sample will **NOT** be processed unless it is registered.

Guidelines:

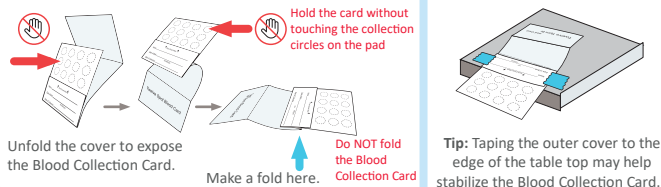
- ➔ Do not perform this test if you are taking blood thinning medications or if you have a blood clotting disorder, unless authorized by your healthcare practitioner.
- ➔ The materials provided in the kit are for one time use only. Do not reuse anything.
- ➔ **Set aside some time:** your sample will need to dry for 3 hours before shipping within 24 hours.
- ➔ **Medication:** Consult your healthcare practitioner prior to making any changes to your medication! Immunosuppressive drugs such as oral or intranasal corticosteroids (e.g. prednisone, beclomethasone, fluticasone, triamcinolone) and topical cortisone suspensions and creams, in addition to immune-modulating drugs, may affect test results for antibody assessment.
- ➔ **Diet:** Maintain your usual dietary habits and consume a variety of foods when possible within a couple weeks prior to blood collection. Avoid eating foods that may have potentially resulted in a previous adverse reaction and/or anaphylaxis, as secondary exposure may prove fatal.

Your kit includes:



- 1
 - ➔ Unwrap the gauze dressing and bandage and set aside.
 - ➔ Print your Name, Date of Birth, and Date of Collection in provided fields on the blood collection card.

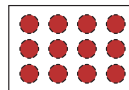
Prepare Collection Card



- 3
 - ➔ Wipe away the first drop of blood with the gauze.
 - ➔ Hold finger downward to allow blood to drop onto circles.
 - ➔ Make sure blood saturates through to the back of the card.

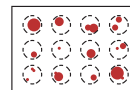
Diagrams of the Blood Spot Collection Card

Valid Specimen:



Front AND Back
Sufficient for Testing
Blood must saturate through to the back of the card

Invalid Specimen:



Front AND Back
Insufficient for Testing
Uneven and incomplete application will be rejected

- 2
 - ➔ Wash hands for 30-60 seconds under warm water. Warming your hands before collection can increase blood flow to your fingers and make specimen collection easier.
 - ➔ Twist off the blue tab to break seal on lancet. Do NOT touch or depress white tip.
 - ➔ Use the provided alcohol pad to clean the tip of the finger (3rd finger or 4th finger).
 - ➔ Place the tip of the lancet against the side of the fingertip. The side facing the 5th finger.
 - ➔ Press down firmly until an audible click is heard.
 - ➔ Gently press the pricked finger from below the puncture site to allow for a large drop of blood to form.

- 4
 - ➔ Air-dry completely. Prop the card up or leave taped on table and let air-dry for at least 3 hours.
 - ➔ Keep away from moisture and sunlight. It is important that the blood is not in contact with the cover.
 - ➔ Once fully dried, tuck the cover into flap as indicated. Insert the Blood Spot Collection Card into the biohazard bag containing the desiccant and seal tightly.
 - ➔ Use the envelope with the prepaid label provided. Drop the envelope off at the US postal office or give to your mail carrier. The tracking number is located on the envelope for your convenience.