



**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 have an hour for the card to dry.

Set aside some time: **your sample will need to dry for 60 minutes** before shipping within 24 hours.

### Your kit includes:



Collection Card



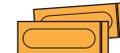
Lancet (2x)



Alcohol Pad (2x)



Pre-paid Return Envelope



Bandage (2x)



Gauze Dressing (2x)



Blood Sample Return Pouch



Bio-disposal 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.

1



**Smile! This process is easy and will only take a few minutes to collect your sample**

- Read all of the instructions so you know what to expect.
- Place the collection card on a clean, dry surface, a desk or counter.
- Write your name, date of birth and date of sample collection on the line at the bottom of the card.
- Wash your hands in warm water and air dry completely.
- Stand up and rub your hands together until warm to increase blood flow.
- Unwrap the **gauze dressing** and **bandage** and set aside. Open the **alcohol pad** and clean the tip of your ring or middle finger on your non-dominant hand. Let your finger air dry for 10 seconds.

2



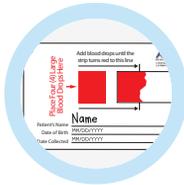
Lettering on end of lancet should be right side up.



**Give your finger a poke**

- Remove the protective tip from the lancet—twist the blue cap and pull. Make sure the “BD” on the white end of the lancet is right side up (see image).
- Place the tip of the lancet slightly off center against the bottom pad of your finger (circled above).
- Hold the lancet steady and press down firmly until you hear a \*click\* then release after 1-2 seconds.
- Stay standing and allow the first small drop of blood free fall on gauze dressing.

3

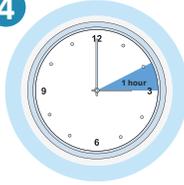


**Add a few drops of blood to the card**

- Stretch your arm down towards the table (gravity is your friend!) and, without touching your finger to the card, allow drops of blood to fall freely onto the box on the first card.
- Place 4-6 large drops in the square to the left, or as many as it takes to fill the card past the first line. It may take several minutes to get enough blood. It helps to massage your lower arm with your opposite hand.
- If red whole blood doesn't past the first line, our lab will not be able to analyze your sample.**

- If you weren't able to fill up the card with one prick, repeat above steps and give a new finger a prick with the extra lancet.

4



**Awesome! Now send it our way.**

- Once the card is full, apply pressure with the remaining gauze dressing and then apply the bandage. Let the collection card dry for 60 minutes.
- After 60 minutes, place the card in the blood sample return bag, seal, and place back in the bio hazard bag. Place bio hazard bag with blood card in the kit return box.
- Place the kit return box in the prepaid envelope provided in your test kit.
- Drop off envelope at your nearest FedEx box or location the same day as collection.