

Your kit contains:



1 alcohol pad



1 adhesive bandage /
1 sterile gauze pad



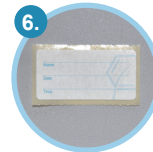
1 blood sample tube



1 transport tube



2 single use lancets



1 label



1 sample dispatch note



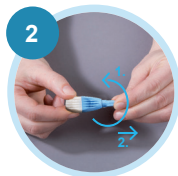
1 envelope

General information:

- ❗ Do not eat for 12 hours before sample collection, but drink plenty of water.
- ❗ Keep this kit out of the reach of children.
- ❗ 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.
- ❗ Do not use without the presence of another person if you have problems with seeing blood.
- ❗ Do not use the kit if you have a disease which is transmitted by blood (like Hep C or HIV).
- ❗ Please collect and send your sample at the beginning of the week to avoid shipping delays.



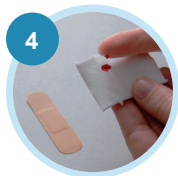
- ➔ Open the blood collection tube.
- ➔ Place it on a flat surface, so that it can't fall over.
- ➔ Wash your hands with warm water for at least 30 sec, then shake hands vigorously for 15 sec towards the floor.
- ➔ Clean fingertip of the middle or ring finger of your non-dominant hand with alcohol pad.



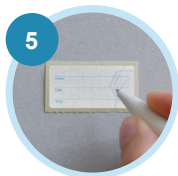
- ➔ Turn the colored protective cap of the lancet around (1) and then carefully pull it off (2). Do not use a lancet without or with loose protective cap.
- ➔ Place your hand on a solid surface and place the lancet firmly into the side of your fingertip, until an audible click is heard.
- ➔ Keep your hand at hip height (gravity is your friend!) and massage your finger until drops of blood form.



- ➔ Hold your finger against the opening of the upright blood collection tube, so that the blood can run into it.
- ➔ Continue to massage your finger so that enough blood forms.
- ➔ Do not stop until the mark is reached. Otherwise our lab will not be able to analyze your sample!
- ➔ If you weren't able to fill the tube with one prick, give a new finger a prick with the extra lancet.
- ➔ Lightly tap the tube on the table several times so that the blood can run down. If the collection takes a long time, close the tube and swirl gently, to prevent clumping.



- ➔ After sample collection, use the pad and bandage for wound care.
- ➔ Close the tube with the cap and **swirl the tube several times** to prevent clumping!



- ➔ Write your name and the date on the label and put it on the tube.
- ➔ Slide the filled blood collection tube into the bigger transport tube **without removing the absorbent fleece** inside of the transport tube.



- ➔ Place the transport tube with the blood sample in the return envelope, together with your completed and signed sample dispatch note, seal the envelope. Add 1st class stamps and send everything back to us.