



## Important Preparation Tips!



Drink a glass of water 30 minutes before collecting sample.



Wash your hands in warm water for at least 1 minute right before the finger-prick.



**A warm shower is required before collection.**

**\*This is very important to stimulate blood flow to the hands.**



Let your hands hang at your side for 15-20 seconds. Shake your hands back and forth several times.

## Your kit includes:



Microtube



Blood lancet(s)



Alcohol pads  
x2



Gauze pad  
x1



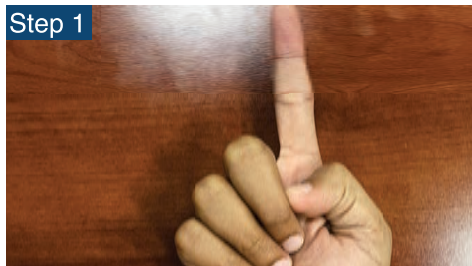
Return Envelope  
x1



Biohazard bag  
x1

## Sample Acceptance Criteria

<span style="color: green;">✔</span> Sample Acceptance Criteria	<span style="color: red;">✘</span> Specimen underfilled	<span style="color: red;">✘</span> Specimen clotted (due to not mixing 10 times)	<span style="color: red;">✘</span> Missing Date and time of collection



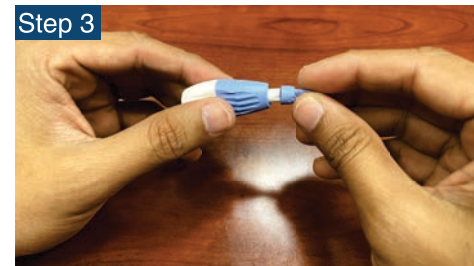
**Step 1**

Choose the ring or pinkie finger on your non dominant hand and clean the desired puncture site using the alcohol prep pad. Puncture site should be on the left or right side of the chosen fingers.



**Step 2**

Pull open the cap on the blood microtube.



**Step 3**

Remove and discard the plastic safety end on the blood lancet by twisting and pulling it.



**Step 4**

Please note that the blood lancet will only activate and puncture once. With your palm facing up, press the blood lancet to your finger until you hear a click and feel a slight pinch.



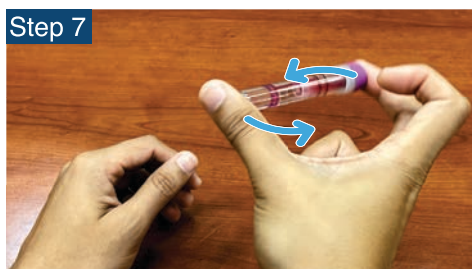
**Step 5**

Wipe the first drop of blood away with the gauze pad. Press your finger down and forward from the base to increase blood flow.



**Step 6**

Collect your sample in the blood microtube. Lightly tap the droplets of blood against the inside of the sample tube. The sample tube must be filled to the top line marked on the side of the tube. An underfilled blood microtube will be rejected by the laboratory. Note: If the blood flow stops, you will need to use another lancet and repeat Step 3 through 6.



**Step 7**

Tightly close the cap until you hear the click sound. Turn the tube upside down 10 times to mix the sample. Ensure the blood microtube is closed before you do this.

**Note:** This step is important for the sample integrity in the laboratory.



**Step 8**

Write Date and Time of Collection on the label provided and stick it on the Blood Microtube. Place the Blood Microtube into the biohazard bag with absorbent pad and seal completely. Keep the biohazard bag inside the small box provided and place it into the return envelope. Mail the package within 12 hours of collection via FEDEX. HOLDING COLLECTED SAMPLES CAN RESULT IN REJECTION. \*This step is important as any missing information will delay the processing of your specimen.