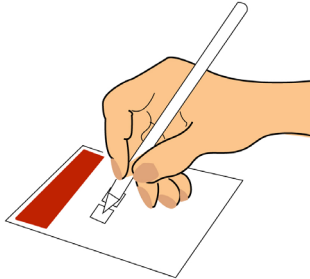


How to provide a MINI TUBE BLOOD sample

INSTRUCTIONS

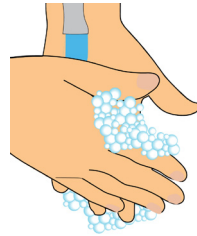
Contents; Request form, Return postal envelope, Clamshell with collection tube, Lancets, Alcohol wipe, Spot plaster, Sterile wipe

1



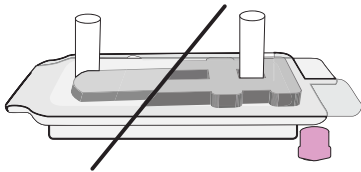
Clearly write the date the sample was taken and then sign the enclosed form'

2



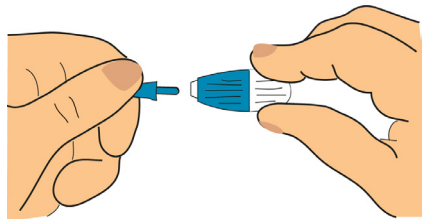
Wash your hands in hot soapy water and dry them using a clean towel. You are now ready to start the sample collection.

3



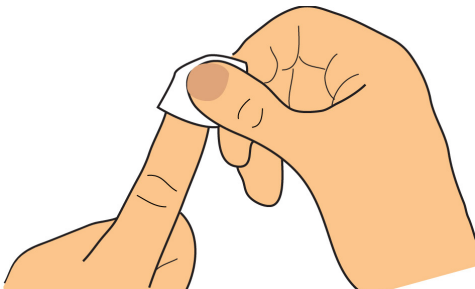
Remove the micro sample collection tube from the clamshell. The tube can be positioned on the closed clamshell as shown in the illustration above. This helps keep the tube upright and stable when filling.

4



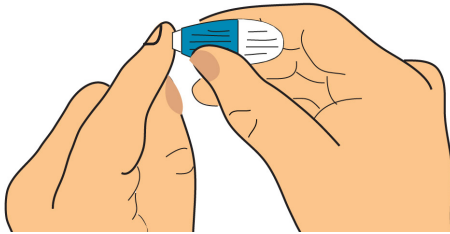
Twist and pull the blue tip from the lancet. It is now ready to use. We suggest the you use the hand that you write with to hold the lancet.

5



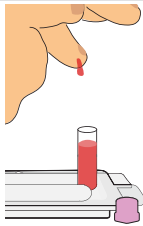
Use the alcohol wipe provided to wipe clean the index finger or middle finger of the other hand. Standing up and shaking your hand vigorously below your waist helps the blood flow to your hand.

6



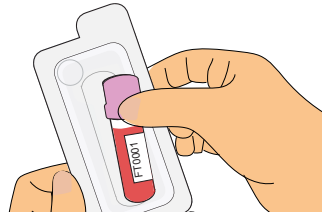
Put your finger on its side on the table, so the pulp is facing upwards. Locate the lancet against the pulp of your finger and press the lancet firmly against your finger until you hear a click.

7



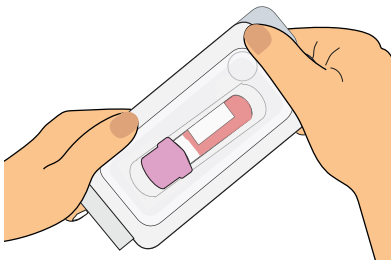
Allow the drops of blood to fall into the sample tube massaging your finger from the knuckle down to the tip releasing your grip between squeezes. Doing this standing up definitely helps the blood come out. It is important that the tube is at least 1/2 full, the more the better.

8



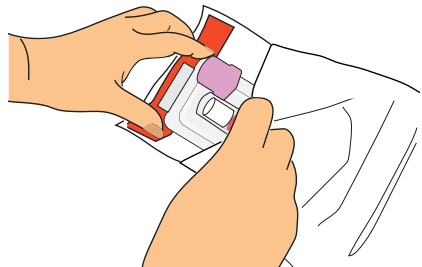
When full, clean your finger with the sterile wipe and apply the plaster provided. Screw the cap tightly onto the tube and turn the tube over 5-10 times to mix the blood. Pack the tube into the clamshell in the same space it was removed from.

9



Close the clamshell firmly and pack it with the completed request form into the prepaid addressed return envelope. It is **IMPORTANT** both items are returned.

10



Seal the return envelope and post it that day or the following day. You will be contacted shortly by text with your results.

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