

Please read through these instructions completely before collecting and submitting your sample.

Your Kit Contains:



(a) - foil pack
(b) - desiccant

(c) - sample card (DBS)
(d) - lancets (x2)

(e) - bandage
(f) - gauze

(g) - alcohol swab
(h) - return envelope

Preparing For Your Sample:

- 1 Open your kit, remove and verify that the aforementioned materials are all included. (Your sample card will be included *inside* the foil packet along with the desiccant - keep everything.)
- 2 Remove the sample collection card from the packet and fill in the information requested inside. Leave the desiccant inside the foil packet and re-seal it. Avoid touching the absorbent pads inside the card during this time, they may absorb fatty acids from your skin affecting the test results.

Collecting Your Sample:

- 3 Wash your hands thoroughly with warm water and soap to remove potential contaminants from your hands. *Warm* water will also help to increase blood flow to your fingers for the sample.
- 4 Choose a finger on either hand (middle, index or ring finger) and use the enclosed alcohol swab to further sterilize the fingertip and sides of that finger. Dry your finger with the included gauze.
- 5 Take a lancet and open it by twisting the blue cap off the top. The needle is contained within the white column underneath this cap.
- 6 Hold the lancet by the bottom and press the column firmly into the finger you have chosen until you hear a clicking sound. This will release the spring loaded needle, and you should feel a slight prick.
- 7 Place 1-2 drops of blood on each circle of absorbent paper where indicated. Do not over-saturate ("soak") the pads. Do not smear the drops, just lightly touch the center of each pad to transfer.

Once complete, put on the included bandage to stop any further bleeding and protect the small wound. Dispose of the used lancet(s), swab and gauze in the trash.

- 8 Keep the collection card flat (with the sample areas face up) and out of direct sunlight for approximately 1 hour until the blood dries completely, then re-fold the card and put it back into the foil packet *with* the desiccant and re-seal.

- 9 Place the sealed foil packet (containing your sample card and the desiccant) into the return envelope and mail it in as soon as possible, preferably on the same day as the sample was taken.

