



# Blood Test Sample Collection kit

## Before you start

Please read these instructions carefully, from start to finish, before taking this test.

Scan the QR code on Page 3 to view our instructional video.

- **Fasting :** Do not eat or drink 8 hours prior to collecting your sample (excluding water).
- **Hydration :** Drink at least one pint of water 30 minutes before collecting your sample.
- **Time :** Set aside 30 minutes to collect your sample.

*Note : If your test includes Testosterone, please collect your sample before 11:00, before eating, for best results.*

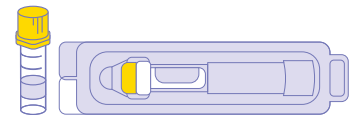
## Your sample collection kit contents



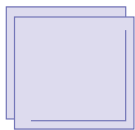
Lab form  
(either in the kit or in the package)



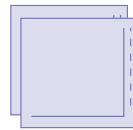
Your name label  
(either in the kit or on the Lab Form)



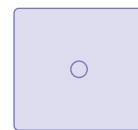
Protective packing wallet & Gold top blood collection tube



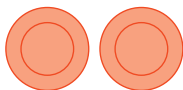
Non-sterile swab X 2



Alcohol swab x2



Heat pack X 1



Plaster X 2



Arm blood lancing device



Self-addressed pre-paid envelope, tracked 24, UN3373.

## Setting Up

01. Enter the date and time on the lab form and the blood collection tube label. *Do not attach the label to the tube until after you have collected your blood.*
02. Make a note of the tracking number found under the barcode on the postal label attached to the sample return envelope. Use this tracking number at [www.royalmail.com](http://www.royalmail.com) to track your sample return to the lab.



1

Wash hands before use.



2

Device will be placed on upper arm – for best results remove any excess hair.



3

Ensure you have all the required components. Remove the Arm device from its protective cover.



4

Twist and remove cap from tube.



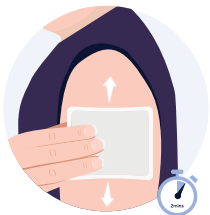
5

Press tube into device until snug with fill lines facing out.



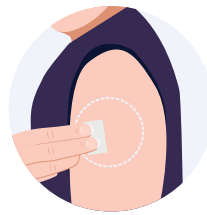
6

Follow heat pack instructions to activate. If pack does not heat up, discard and use hand instead.



7

Rub heat pack or hand up and down user's shoulder for 2 minutes to warm and increase blood flow.



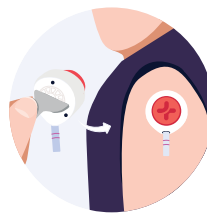
8

Clean area with alcohol pad and allow to dry.



9

Remove clear cover from red button.



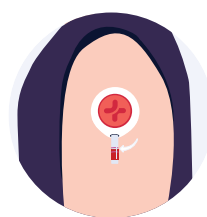
10

Peel tab away from device and stick device to upper arm. Hang arm straight down at side.



11

**Press button all the way down ONCE and release.** You may not feel the device. Set timer for 5 minutes. Watch tube fill using mirror as needed.



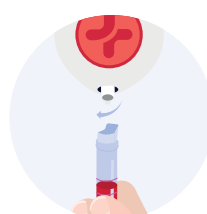
12

**Blood may not appear for first 1-2 minutes.** Remove device at 5 total minutes or sooner if blood reaches top line before time is up. Do not fill past top line!



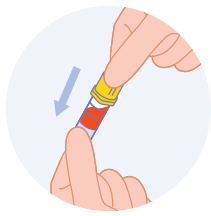
13

Remove device by peeling from one side. Apply supplied bandage vertically and add slight pressure.



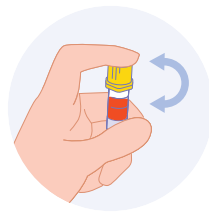
14

Remove tube from device with a slight twist and pull down.



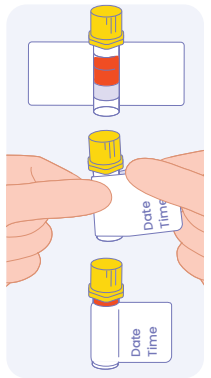
15

Push on the cap on to the tube securely until you hear an audible click to confirm closure.



16

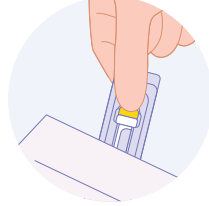
Once you have replaced the cap, gently invert the collection tube 5-10 times.



17

Make sure your tube is labelled with your details using the label supplied in your pack **or on your Lab form (Unlabelled samples cannot be accepted).**

Affix the label by placing the tube in the middle of the label and wrapping the label around the tube, as shown below. **Then place the tube into the protective packing wallet provided.**



18

Inside the self addressed, post paid envelope please insert:

1. The protective packing wallet containing the blood collection tube
2. The Lab Form

**Please run through the checklist before returning samples.**

## CHECKLIST

**Before you return your sample, please tick off the contents for the self-addressed pre-paid envelope**

- ☐ Completed Tube Label
- ☐ Blood collection tube in the protective packing wallet
- ☐ Lab Form

### You are now ready to seal the envelope.

Remember to make a note of the Royal Mail tracking number found under the barcode on the envelope postage label.

Please post your sample to Inuvi Diagnostics as soon as possible (ideally on same day or within 24 hours) from ANY Royal Mail post box in the UK. No stamp required within the UK.

**Important :** It is your responsibility to correctly complete all the steps in these instructions to provide a viable sample. Samples that are unlabelled, insufficient (not filled to the tube top fill line), haemolysed (damaged blood cells), too old (not posted ASAP) or that have leaked will be rejected by the lab and analysis will not take place.



**Please watch our instructional video before collecting your blood sample.**