



Before you start

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

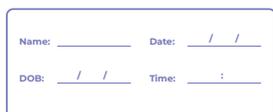
- **Fasting** : Do not eat or drink 8 hours prior to collecting your sample (excluding water).
- **Hydration** : Drink at least one pint of water 30 minutes before collecting your sample.
- **Time** : Set aside 30 minutes to collect your sample.

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

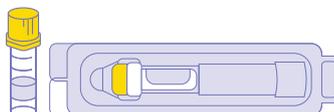
Your sample collection kit contents



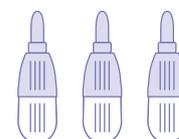
Lab form
(either in the kit or in the package)



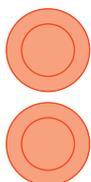
Blood collection tube label
(either in the kit or on the Lab Form)



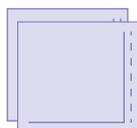
Blood collection tube & packing wallet



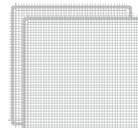
Lancets x 3



Plaster x 2



Alcohol swab x 2



Gauze swab x 2



Pre-paid sample return envelope

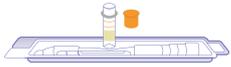
Setting Up

01. Unpack the kit contents onto a low table. This will allow your straight arm to point downwards, improving blood flow, when collecting your blood.
02. **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.*
03. 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 to track your sample return to the lab.

Get the blood flowing!

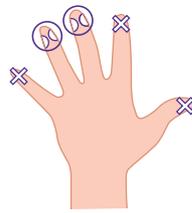
Increased blood flow makes it easier to collect your sample, reducing the need to force blood from the finger. This could result in damaged blood cells (haemolysed blood) and your sample being rejected

- Wash your hands with soap and warm water.
- Submerge your non-dominant hand in warm water for 4 – 5 minutes.
- Swing your non-dominant arm around, in a circular motion, 10 times.
- Clench your fist 10 times.
- Dry your hand with a clean towel.



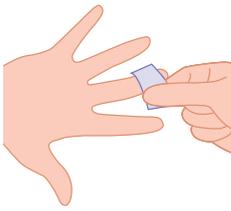
1

Remove the blood collection tube from the packing wallet and insert in the lid as shown. Remove the tube cap and put to one side.



2

The best location for collecting finger prick blood samples is from the side of your middle or ring finger (see circled area).



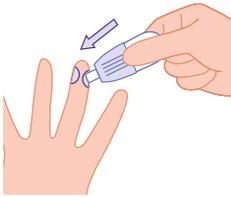
3

Using an alcohol swab, clean the selected finger. Wipe dry with a clean tissue. **Your finger must be completely dry as blood will not form a drop at the puncture site.**



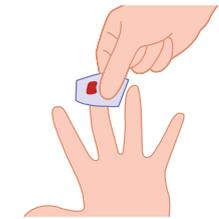
4

Take a lancet and twist off the blue cap until you feel it separate from the device. Dispose of the cap. The lancet is ready to use.



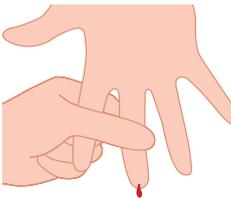
5

Position the lancet against the fingertip and press down **FIRMLY** until you hear a click. The single use needle retracts immediately after piercing, leaving the device safe for disposal.



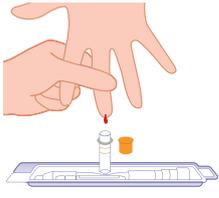
6

This will puncture the skin and a small drop of blood will form. Wipe away the first drop of blood with a gauze swab.



7

Stand up, holding your hand/arm downwards. Massage the side of your hand down to your fingertip, without squeezing, to encourage blood flow.



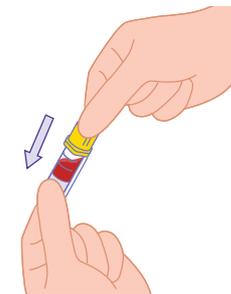
8

Gently massage your hand and finger, without squeezing, to help the blood drip into the blood collection tube as shown.



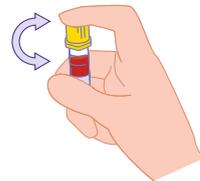
9

Fill the blood collection tube to the upper line on the side of the tube. **NB:** If you are unable to collect enough blood, use the other finger (middle or ring), following the same steps (from Step 3). Or try wiping the finger you have been using with a clean tissue. Pause for 5-10 seconds and blood drops are likely to reform. **If you need to use a finger from the other hand, you must repeat the blood flow tips.**



10

Once you have filled to the **TOP FILL LINE** – or even just over – stop collecting and apply a plaster to stop the bleeding. Next, push on the cap of the blood collection tube until you hear an audible click to confirm closure.



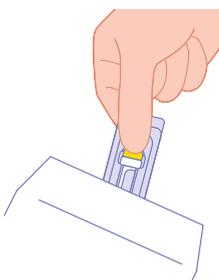
11

Once you have attached the cap, gently invert the collection tube 5 – 10 times.



12

Make sure your tube is labelled with the completed blood collection tube label. **Unlabelled samples cannot be accepted.** Affix the label by placing the tube in the middle of the label and wrap the label around the tube as shown. **Then place the tube back into the packing wallet provided.**



13

Inside the pre-paid sample return envelope, please insert:
01. The packing wallet containing the labelled blood collection tube.
02. The completed lab form.
03. The used and unused lancets.
Please run through the checklist before returning the sample.

CHECKLIST

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

- Packing wallet containing the labelled blood collection tube.
- Completed lab form.
- Used and unused lancets.

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.