

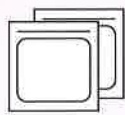
blood sample collection kit instructions

Please read these instructions carefully before collecting your sample.

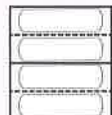
kit contents



Lancet x4



Gauze x2



Bandage x4



Mitra® 4-sampler
Clamshell x1



Silver Specimen
Bag x1



Plastic Shipping
Envelope x1

first, unpack and prepare your kit contents



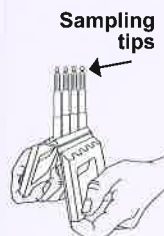
Twist off
lancet caps



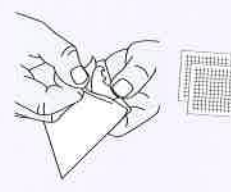
Tear open silver
specimen bag



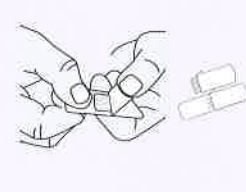
Remove
Clamshell



Open
Clamshell



Unwrap
gauze



Unpeel back of
bandages

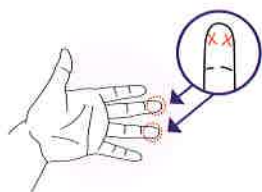
step-by-step instructions



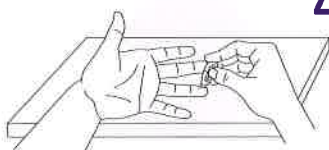
- 1 Wash your hands**
with warm, soapy water.



- 2 Warm your hands**
by rubbing them together. You may also warm your hands by walking, jumping, or any other method you prefer. **Warming your hands is IMPORTANT for good blood flow.**



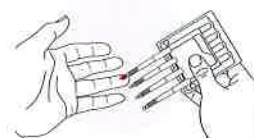
- 3 Select the finger you will use**
to provide the blood sample. See illustration for recommended locations off-center of finger midline.



- 4 Prick your finger**
by laying hand on a hard surface. Position the lancet on the chosen location. Apply firm pressure to end of lancet until a click is heard.



- 5 Wipe away first blood drop**
with the gauze. A blood drop may take up to 20 seconds to form. If needed, gently massage pricked finger upward until drop forms.



You may apply sampling tips to the blood drop multiple times to fill.

Always point sampling tip towards floor when touching it to blood drop on your finger as shown above. Do NOT drip blood onto tip.

- 6 Collect sample by touching**
one of the four sampling tips to the blood drop. First, watch it turn fully red. Next, count 2 seconds. Last, slowly remove the tip from blood. Repeat this process with the other three sampling tips.

ensure sampling tips are filled correctly

Under-sampling occurs when: 1) The sampling tip is removed from the blood too soon. Touch tip to blood until no white remains. 2) Blood flow stops. If this happens, repeat steps 4-6 with same tip until it turns fully red.



over-sampled



under-sampled



correctly sampled

Over-sampling occurs when blood is dripped onto the sampling tip from above. Always touch sampling tip to blood drop as shown in step 6.



- 7 Set Clamshell device down**
on hard surface and apply bandage to your finger.



- 8 Close Clamshell device**
by lifting the sides to meet at the top. Press together until a click is heard.



- 9 Insert Clamshell device**
into the specimen bag and seal shut. **Ensure the desiccant is still in the bag.**