

RETURN CHECKLIST

Sign and return

Your sample must be received within 2 days of collection.
Do not ship your sample on a Friday or if the next working day is a Bank Holiday.

01

Check, complete and sign your lab requisition form.

02

Ensure you have labelled the sample micro tube(s) with your Name, Date of Birth and Sample collection date and time.

03

Place the sample micro tube(s) into the clear plastic bag, alongside the absorbent material supplied, and fold down to secure.

04

Place the lab requisition form and labelled sample micro tube(s) into the original test box and secure with the anti-tamper seal.

05

Add your box to the returns envelope provided and you're ready to ship! Take your parcel to a Priority Post Box to ensure prompt return to the lab.

KIT REGISTRATION

Register your kit online

IF YOUR KIT IS NOT REGISTERED OUR LAB WILL BE UNABLE TO PROCESS YOUR SAMPLE.

Scan the below QR code or visit <https://app.omnos.me/external-kit-registration>



YOUR RESULTS

Viewing your results:

Once the sample has been processed you will receive an email confirming your results are ready to be viewed in the Regenerus practitioner portal. This is usually within 2-3 days of the lab receiving the sample.

If there are any issues with your sample we will be in touch.

If you have questions

If you have any queries please contact us at info@regeneruslabs.com.

FAQ'S

Questions:

Do I need to stop taking medicines /supplements to take the blood test?

For the most accurate results you should refrain from taking any supplements 48 hours prior to taking the test.

If you are on prescription medication we do not make any recommendation other than to **check with your own doctor.**

What is the best time in my cycle to take a Wellness 360 Female, Sex Hormone Complete Female or Fertility + Hormone test?

The optimum time to take your test would be between days 19-21 of your cycle.

Will taking HRT affect my results?

HRT that has been prescribed to balance out estrogen is unlikely to affect the results.

Should I refrain from consuming caffeine or alcohol?

For the most accurate results you should avoid caffeine for 12 hours and alcohol for 36 hours in advance of the test.

If your test contains the Prostate-Specific Antigen (PSA) marker please be aware that for the most accurate results men should not have:

- An active urinary infection (or have had one within the previous 6 weeks)
- Ejaculated in the previous 48 hours
- Exercised vigorously, for example cycling in the previous 48 hours
- Had a urological intervention such as prostate biopsy in the previous 6 weeks

BLOODS

How to take your test

/Finger Prick Blood Test



GETTING READY

Check list

Check you have everything you need by ticking the check boxes below.

<input type="checkbox"/>	Register your Kit QR code	<input type="checkbox"/>	Micro tube label(s)
<input type="checkbox"/>	Lancets	<input type="checkbox"/>	Clear sample returns bag with absorbent pad
<input type="checkbox"/>	Micro tube(s)	<input type="checkbox"/>	Lab requisition form
<input type="checkbox"/>	Alcohol swab	<input type="checkbox"/>	Anti-tamper seal
<input type="checkbox"/>	Cleansing wipe	<input type="checkbox"/>	Returns envelope with label
<input type="checkbox"/>	Plasters		

WHEN TO COLLECT:

It is required to take and post the test earlier in the week (Mon-Thurs is ideal) to ensure the sample arrives at the lab in time to be analysed.

IMPORTANT INFORMATION

WHEN TO COLLECT (CONT.):

If you have purchased a Wellness 360 Female, Sex Hormone Complete Female or Fertility + Hormone testing kit for the most accurate result aim to take your test between day 19-21 of a cycle.

BEFORE YOU TAKE THE TEST:

Register your kit online
Before you return your kit, it is important to register it to your Regenerus account.

If your kit is not registered our lab will be unable to process your sample.
Visit <https://app.omnos.me/external-kit-registration>

Fast

In order to get the most accurate results you should fast for 8 hours in advance of taking the test. The easiest time to do this is in the morning, having fasted overnight. You should also avoid caffeine for 12 hours and alcohol for 36 hours in advance of the test.

Make sure you're hydrated

Drink at least 500ml of plain water 1-2 hours prior to taking the test and 2-3l extra the day before the test as hydration can affect your results and how well blood will flow from the pinprick site.

Preparation

Remove all the contents from your kit box and check against contents list to ensure you have all the necessary components for your chosen test.

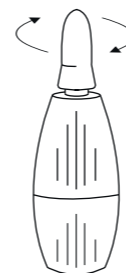
Wash your hands in warm water until your skin is warm to draw blood to the fingertips. Do some deep breathing, 3 seconds in 6 seconds out, to help blood flow. If you have any circulation issues massaging from forearm down to your hand also helps.

Dry your hands, remove the coloured lid from the micro tube and place it on a flat surface to take your sample.

HOW TO TAKE THE TEST

01

Take the alcohol swab provided and wipe your chosen fingers; if you have circulation issues, you may want to use the smallest fingers as they often provide the most blood.

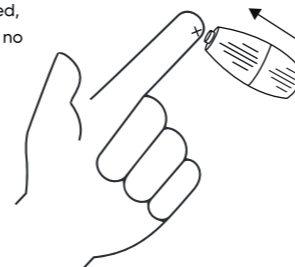


You can now twist off the blue tip of the lancet supplied in preparation for use.

02

Place the open hole of the lancet against the skin of the finger you wish to use (using the top edge of the finger rather than the face or tip).

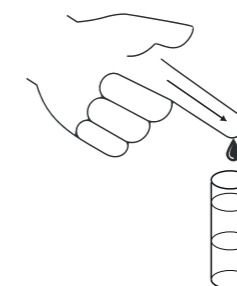
Press the lancet into your skin to activate the pinprick device to draw blood; once activated, the needle will return into the lancet and will no longer be useable.



03

Place the micro tube below waist height to allow gravity to aid blood flow. Angle your hand above the tube and aim for the drops of blood to fall inside. You may have to gently massage your finger from top to bottom to maintain good flow but avoid squeezing the finger tip as this may damage blood and prevent certain markers being read.

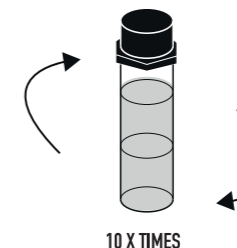
Fill the micro tube up to the second line, using multiple fingers if needed.



If you don't get enough blood or cannot obtain the sample in a reasonable time please do not send your sample, contact info@regeneruslabs.com and we will provide additional components for you to try again.

04

Once full, replace the lid on the micro tube, make sure it is sealed and turn upside down 10 times to mix the contents of the micro tube with the blood.



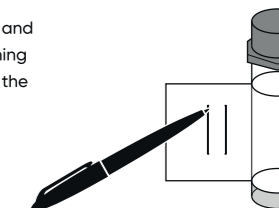
05

If your kit contains more than one micro tube please repeat steps 01 -> 04 until all micro tubes are filled. Clean your finger with cleansing wipe supplied and apply a plaster.

06

Fill out the label provided, peel it off and place it around the micro tube pinching each end of the label together, with the handwritten text clearly visible.

Repeat for each micro tube.

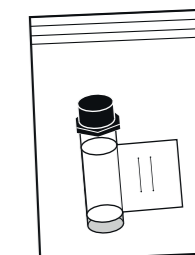


07

Place the filled, sealed and labelled micro tube(s) into the clear plastic bag through the slit in the seal.

Once the micro tube(s) are in the bag, remove the yellow seal protector and fold it down to secure.

Complete the returns form with your name, DOB, gender, sample date and time.



08

Place the sealed bag, lab requisition form and used lancets back into the box.

Place the box into the free returns envelope provided and take it to a **Priority Post Box** to ensure prompt return to the lab.

