Mosaic DX (formerly Great Plains) Dried Blood Spot Instructions



Your Body Has Something to Tell You

This is How We Listen

Dried Blood Spot Collection Kit Instructions

The enclosed collection kit has been optimized to make the entire

process as fast, easy, and PAIN FREE as possible. Most users are pleasantly

The directions on the following pages will walk you through the few basic

steps, and we predict that you'll be done and ready to return your sample



A world of information in a drop of blood.

We all know that blood can be a rich source of information about our health and wellbeing. What may surprise you, though, is how little blood is required to perform the detailed analyses that your health and wellness provider uses to help identify areas of concern and help guide your care.

That's what makes the Dried Blood Spot (DBS) such a useful tool. It allows you, in the privacy of your own home, to capture the few drops of blood needed to reveal valuable insights about your diet and allergies with potential significant impact on your quality of life.

Test Kit Contents

Start by identifying these eight elements of your test kit.





Sterile Gauze Pad

Antiseptic Wipe

Clear biohazard zip-lock bag 0 Desiccant Pack

Bandage

Test Requisition Form

Return Shipping Materials will include one of the following: • Purple Shipping Envelope

Shipping Laboratory Pak

Preparing For Your Test

surprised with how little effort is required.

It's simpler than you think.

before you know it.



Drink lots of water. It is important that you are well hydrated. We recommend drinking two or more 8 oz glasses of water, starting a few hours prior to collection.

Locate the barcode sheet in your test kit. Place one barcode sticker to each collection sample. Be sure that the information is legible and includes the collection date, time, and that the name matches what was provided on the test order.

Decide which finger you want to use. In general, we recommend using your non-dominant hand to keep your dominant hand free for collecting the sample.



If you take a blood thinner or medication for a bleeding disorder, check with your prescribing physician to see if it is okay to complete this test. Commonly prescribed blood thinners include Coumadin, Plavix, Effient, Brilinta, Pradaxa, Eliquis, Xarelto, and daily aspirin.

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Open one Lancet by twisting off the small tab and pulling the top straight up. Wipe selected finger with antiseptic wipe and set aside.



Push your finger down against a clean, hard surface and press lancet to puncture finger. Using side of fingertip may cause less discomfort.

Let's Get Started



Locate the following items in your collection kit, including the DBS collection card, lancets, sterile gauze pad, antiseptic wipe and bandage.



Wash your hands with soap and warm water for at least two minutes. Massaging your finger while washing can help increase blood flow.

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Wipe off the first drop of blood with the Antiseptic Wipe to sterilize the site.



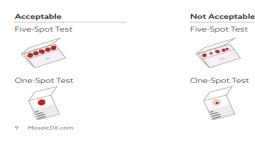
eeze your finger as needed to create a full blood drop. Massaging the entire length of your finger can help increase blood flow.



Fill each circle on the collection card by allowing blood to drop from your finger on to the card. More than one drop may be required to fill some circles. Be careful not to touch the card with the lanced finger

Successful Collection Examples

See below for examples of successful one and five-spot samples. Note that unacceptable samples can not be tested and will be rejected by the lab.

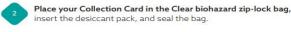


Preparing the Sample to Ship



Ensure the barcode label on the collection card has been completed and matches the test order (or Test Requisition Form).

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What's Next?

Your test results will be delivered to your doctor or health advisor generally within two weeks after being received at Mosaic Diagnostics labs

It will be up to your doctor or practitioner to review the results with you, identify any areas of interest or concern, and work with you to lay out the appropriate next steps.

For questions about test outcomes or their implications for your health, please speak with your doctor or health and wellness advisor. For privacy reasons, Mosaic Diagnostics personnel cannot discuss test results directly with test patients or their family members

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You will have a Royal Mail returns label, please place this on your returns box (the one the kit arrived in) and seal it with it, then place in a post box.

Any questions or missing components please contact Regenerus Labs on 0203 750 0870 or info@regeneruslabs.com







Use a second Lancet if necessary to initiate more blood flow. Lancets are only able to be used one time. Once spots have dried, do not place additional drops on the same circle. If necessary, use a second lancet on a different finger to initiate more blood flow

Dispose of used Lancet(s) in your regular trash. The needle retracts after use so they are no longer hazardous. Do not return the Lancet with your sample.

When the collection is complete, wipe your finger with the Sterile Gauze Pad and apply the bandage. If the finger continues to bleed, hold your hand above shoulder height for one minute or until bleeding stops.

You Did It!

Good work

Now that you've completed the blood spot collection, please follow these steps to allow the blood spots to dry before shipping

- Avoid touching or smearing blood spots while handling.
- Bend the card on the dotted line to make a little tent so that both sides of the collect site are exposed to air.
- Set in a quiet place away from pets, dust, cooking, make-up, or other potential contaminants.
- Allow at least 3 hours for the sample to dry before shipping. • Keep away from sunlight or heat sources which may affect the quality of the sample.
- · Do not stack the Collection Card or allow it to touch other surfaces while drying.





Place the zip-lock bag into the Purple Bubble Mailer or Shipping Laboratory Pak. If you did not register online, include the paper Test Requisition Form.







Locate the shipping instruction card included in your test kit for details on how to ship your collection(s).

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