

INSTRUCTIONS

BLOOD SAMPLE COLLECTION



Please read the instructions carefully **before** collecting your sample.

Check that your kit includes:

- BioHazard Bag
- Alcohol Pads (2)
- Lancets (2)
- Sterile Gauze (2)
- Bandages (2)
- Blood Card
- Lab Requisition Form
- Instruction Sheet
- Registration Card
- Prepaid Shipping Label
- Return Mailer

Warnings, Precautions and Cautions:

- **DO NOT** use the kit if it has expired.
- **DO NOT** perform collection immediately after smoking.
- **DO NOT** touch the circles on the blood card.
- **DO NOT** refrigerate.
- **DO** keep the card out of direct sunlight.
- **DO** hydrate to promote blood flow.

Directions:

1. Register your kit at www.mylabbox.com/register
2. Fill out the laboratory requisition form.
3. Locate the blood card. Write your name, date of birth and the date of collection in the MM/DD/YYYY format on the card's label.
4. Open the card flap to expose the collection circles. **DO NOT** touch the circles.
5. Wash your hands with warm water for at least 30 seconds, then shake hands vigorously for 15 seconds to encourage blood flow.
6. Clean the tip of your middle or ring finger of your non-dominant hand with the alcohol pad.
7. Locate a lancet and twist off the cap. Press the small tip firmly into the side of your finger, near the tip. The needle will eject with a click and pierce your skin. Lancets are single use. If you need a second piercing, use a new lancet. (All lancets need to be returned with your sample to the lab for disposal).
8. Keeping your hand below your heart, massage your finger from base to top to encourage blood flow.
9. Starting at the center, apply 3-6 drops to fill the circle and soak through the collection paper. **DO NOT** touch the paper with your finger as this will restrict blood flow. If you have to milk your finger a lot to get blood to flow, try piercing another finger with a new lancet. Once circle is full, move on to the next circle. It is okay for blood to extend beyond lines, but do not let blood spots spread into each other. **DO NOT** add additional blood to a circle once completed or dry. The layering of blood will invalidate collection.
10. See Figure 10 for proper collection.
11. Check the back side of the paper to ensure blood soaked all the way through each circle of the paper.
12. Use the gauze and band aid to stop the blood flow and protect your fingers.
13. Without closing the card, allow paper to air dry on a flat surface for at least 30 minutes. **DO NOT** heat, blow dry or expose to direct sunlight. Heat will damage the sample.
14. Once dry, close the card by tucking in the flap. Place the card and the lancets into the biohazard bag. **DO NOT** remove the absorbent pad in the bag. Seal the bag.
15. Place the bag and completed lab requisition form into the kit box and ship using the postage-paid envelope provided. You can leave the envelope in your mailbox or at any USPS pickup location.

