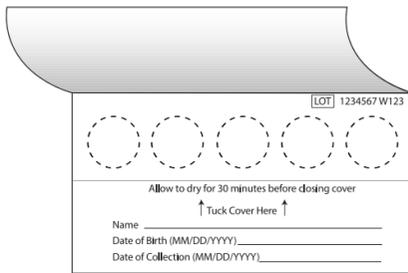


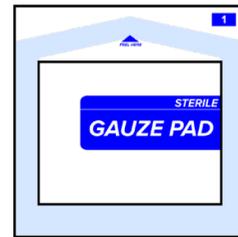
## This Kit Includes:



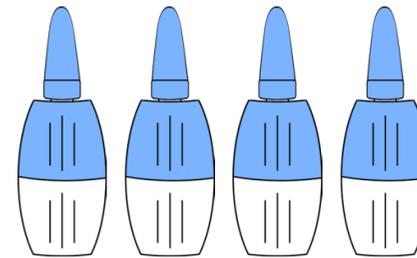
**Blood Collection Card**  
(1 or 2 depending on test kit)



**2 Alcohol Pads**



**1 Sterile Gauze Pad**



**Single-Use Lancets**  
(Up to 4 depending on test kit)



**2 Adhesive Bandages**  
(Up to 4 depending on test kit)



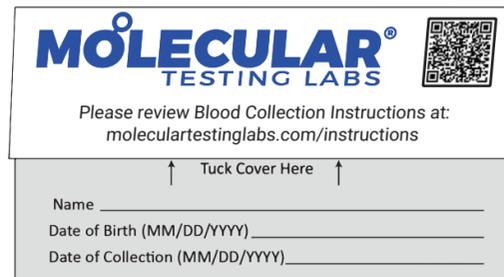
**1 Specimen Bag**  
(with Desiccant Silica Gel Pack)

### Tips for proper blood collection

1. Hydration promotes blood flow. Be sure you are not dehydrated while performing collection.
2. Do not perform collection immediately after smoking.
3. Washing and warming your hands under warm water will help promote blood flow in your hands.
4. Shake hands vigorously toward the floor to encourage blood flow to your fingers.
5. Keep collection device and hands below your heart during collection for best blood flow.
6. You may need more than one finger prick. Repeat these tips between each finger prick.
7. To prevent specimen contamination, do not touch any of the filter paper circles before or after blood collection.
8. Do not use if card is damaged or expired.

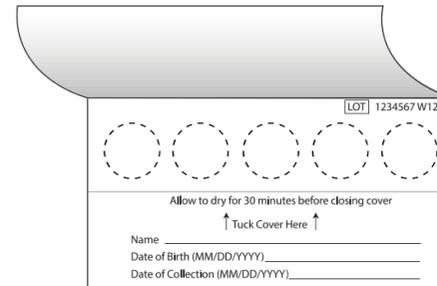
## TO PREVENT REJECTED SPECIMENS, PLEASE READ ALL INSTRUCTIONS BEFORE BEGINNING COLLECTION

**1.**



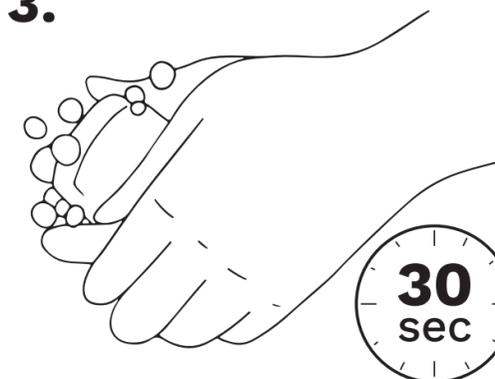
Write your name, date of birth, and the date of collection in the designated fields. Use MM/DD/YYYY format.

**2.**



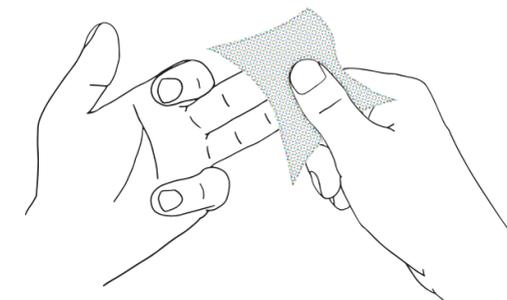
Open blood card flap to expose the circles on the blood collection paper. Do not touch the blood collection paper (i.e., circles).

**3.**



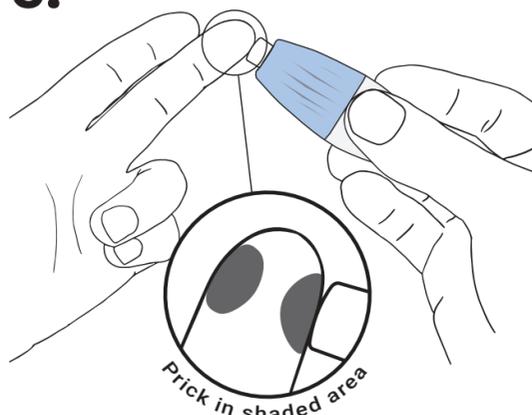
Wash hands with warm water for at least 30 seconds, then shake hands vigorously for 15 seconds to encourage blood flow to your fingers.

**4.**



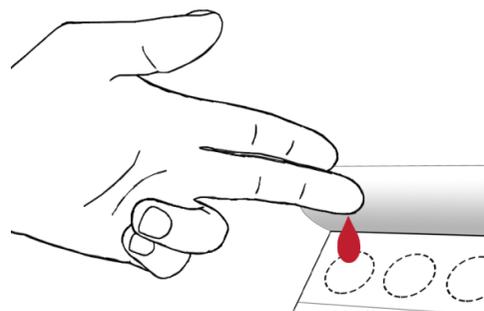
Clean fingertip with alcohol pad. It is best to use the middle or ring finger of your non-dominant hand.

**5.**



Take the lancet and twist off the cap. Press the small tip firmly into the side of your finger until the needle ejects with a click. **Lancet is single-use. To dispose of lancet(s) properly, see the Safe Lancet Disposal Information on the next page.** Keeping your hand below your heart during collection, massage finger from base to tip to encourage blood flow.

**6.**



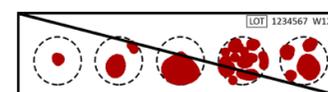
Starting at the center, apply 3-6 drops to fill the circle and soak through the collection paper. Do not touch the paper with your finger as this will restrict blood flow. Once circle is full, move on to next circle. It is okay for blood to extend beyond lines, but do not let blood spots spread into each other.

**Do not add additional blood to a circle once completed or dry. The "layering" of blood will invalidate the collection.**

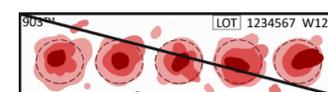
**7.**



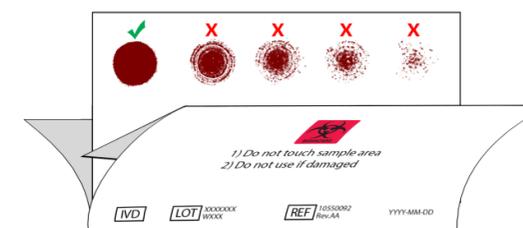
**NO**  
Not enough blood.  
Fill circles completely.



**NO**  
Do not layer blood once the paper has begun to dry.



**8.**



Check the back side of blood collection paper. **Blood should saturate all the way through and fill each circle of the collection paper.**

Without closing the blood card, lay it on a flat surface and allow the blood collection paper to air dry at room temperature, for at least **30 minutes**.

Do not heat, blow dry, or expose the blood collection paper to direct sunlight. Heat will damage the specimen.

**9.**



When blood collection paper is dry, close blood card by tucking flap. Place the blood card into biohazard bag with the desiccant pack. Ensure biohazard bag is properly sealed.

## Safe Lancet Disposal Information

- Discard used **safety lancet(s)** into an FDA-cleared sharps disposal container right away after use.
- Do not throw away (dispose of) lancet(s) in your household trash.
- If you do not have an FDA-cleared sharps disposal container, you may use a household container (such as a laundry detergent container) that is:
  - Made of heavy-duty plastic
  - Can be closed with a tight-fitting, puncture-resistant lid, without sharps being able to come out
  - Upright and stable during use, leak-resistant, and properly labeled to warn of hazardous waste inside the container

For more information about safe sharps disposal, and for specific information about sharps disposal in the state where you live, visit the FDA's website at: <http://www.fda.gov/safesharpsdisposal>

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