

Specimen Collection

For actual use please follow the directions in your kit.

STEP 2: Collecting a blood spot specimen

Step 2.a. - Find a Clean, Dry Place to Collect Your Blood Spot Specimen

Place your specimen collection kit on a clean, dry surface where you can work without interruption for about 20 minutes.

Step 2.b. - Read All Specimen Collection Instructions

Read and carefully follow the directions for use inside your kit.



Step 2.c. - Wash and Dry Hands



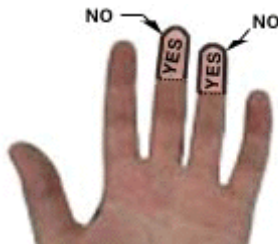
Wash your hands with soap and warm (not hot) tap water. Dry your hands thoroughly.

Step 2.d. - Uncover Blood Specimen Collection Card Circle



Before you draw your blood drops, uncover the printed circle on the Blood Specimen Collection Card.

Step 2.e. - Choose Finger and Puncture Site



Choose a puncture site on the "soft" pad of the fingertip, preferably on the middle or ring finger.

Step 2.f. - Clean Puncture Site with Alcohol Prep Pad and Dry with Gauze Pad

Clean the selected puncture site with the Alcohol Prep Pad.



Step 2.g. - Stimulate Blood Flow to the Fingers



Let your hand with the finger you intend to lance hang at your side for 30 seconds. Vigorously "shake" your fingers and arm back and forth for a few seconds.

Step 2.h. - Position your Hand and Safety Lancet



Support the back of your hand on a table or countertop with the palm up. Place the Safety Lancet in the other hand between the first and second fingers. Your thumb should be on the lancet trigger.

Step 2.i. - Draw Blood Drops



Firmly press the tip of the Safety Lancet against the pad of the selected finger, using steady pressure to form a dimple. Forcefully depress the lancet's trigger with your thumb.

Step 2.j. - Apply Pressure to Finger Near Puncture Site



Turn your hand over and let large drops of blood collect at the puncture site. To increase blood flow, use your thumb and first finger on your other hand to gently apply pressure around puncture site.

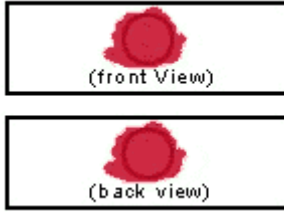
Step 2.k. - Add Blood Drops to Circle on Blood Specimen Collection Card



Once a large drop of blood has formed, touch the blood drop gently inside the circle printed on the Blood Specimen Collection Card . Apply blood drops inside the circle until it is completely filled.

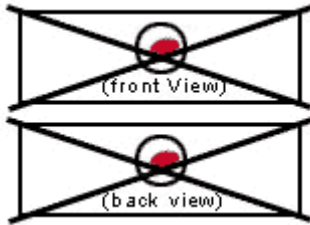
Step 2.l. - Check Back of Circle to See if Blood Soaked Through

Right



To ensure you have enough blood on the Blood Specimen Collection Card pull back the protective cover and inspect the circle on the back (see diagrams below). If there are areas where the blood has not soaked through, place additional blood drops on the **front** side of that area until the circle on the back is completely filled.

Wrong



Step 2.m. - Apply Bandage



After completely filling the circle with blood, apply an Adhesive Bandage to the puncture site.

Step 2.n. - Place Used Safety Lancet(s) in Lancet Disposal Container



Put used Safety Lancet(s) in the Lancet Disposal Container. Snap the container shut by pressing down hard on the lid. Safely dispose of the sealed Lancet Disposal Container and all other used materials in your home garbage.

Step 2.o. - Write Your Code Number and Collection Date



Write your Home Access Code Number and the date you collected your specimen on the Blood Specimen Collection Card in the space provided. **DO NOT SIGN YOUR NAME!**