

Preparation

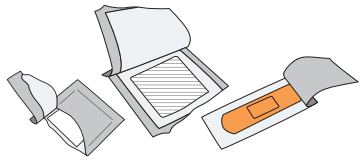
Online Kit Registration



Register online if you have not already done so.

<https://4uhealth.com/register>

Lay Out Collection Materials



Alcohol Swab/Gauze/Bandage

Tear open one of each package, leaving swab, gauze, and bandage inside until use.



Microtainer®
Blood collection device.



Lancets

Four lances are provided.
Do not reuse.

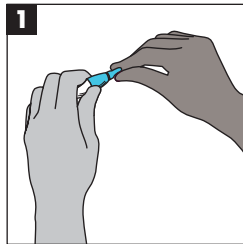
Microtainer® Collection Tips

See Step 7: Hold Microtainer Tube with collection hole in upward position. Avoid scraping skin surface to collect blood sample. Blood will freely flow to bottom of tube. **IMPORTANT: "Milking" of skin puncture site may cause hemolysis and affect test result accuracy.**

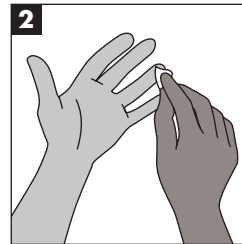


Wash hands for 60 seconds under warm water. Warming your hands before collection can increase blood flow to your fingers and make specimen collection easier.

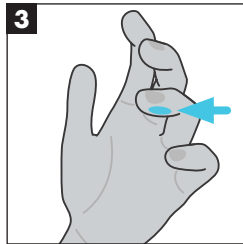
Specimen Collection Instructions



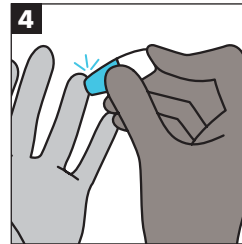
1 Remove the clear cap of the lancet. Do NOT touch or depress the tip.



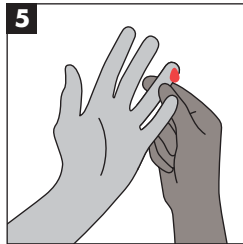
2 Use the provided alcohol pad to clean the tip of the finger (3rd finger or 4th finger).



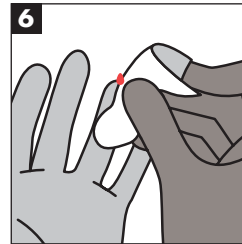
3 Place the tip of the lancet against the side of the fingertip. The side facing the 5th finger.



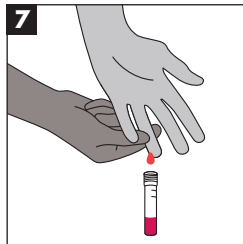
4 Press down firmly until an audible click is heard.



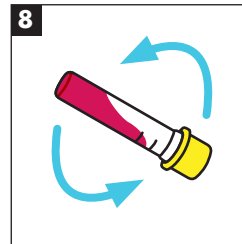
5 Gently press the pricked finger from below the puncture site to allow for a large drop of blood to form.



6 Wipe away the first drop of blood with the gauze.



7 Keep the finger in a downward position and gently massage it to maintain blood flow. Fill Microtainer® to 600 microliters (mcl) level.

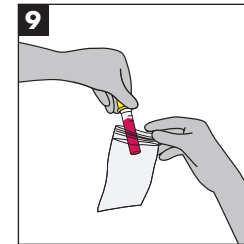


8 Cap the Microtainer® and gently invert it 10 times.



Once specimen collection is completed, apply the provided bandage to the puncture site.

Specimen Collection Instructions Cont.



9 Fill in your name, date of birth and collection date on the biohazard bag. Place Microtainer into the small resealable biohazard bag with the absorbent pad.

Shipping

Use the shipping supplies provided to return your sample.

- 1) Take special attention to close the Microtainer tube properly to avoid leaking during shipping. Push the yellow cap onto the tube until you hear an audible click.
- 2) Place the tube in the provided biohazard bag.
- 3) Place biohazard bag into the 4U Health shipping box. Insert box into the shipping bag, seal bag, then label bag with return shipping label.
- 4) Drop in the nearest mailbox or deliver to your favorite post office.

