

## This Kit Includes:



**1 Microtainer Blood Tube**



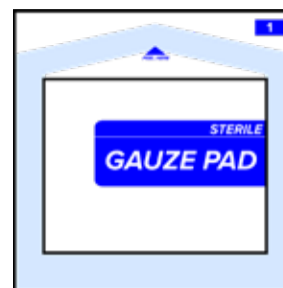
**1 Microtainer Blood Tube Stand**



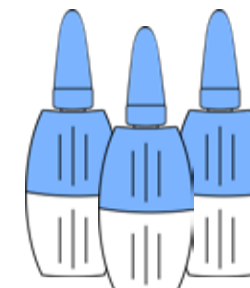
**2 Alcohol Pads**



**2 Adhesive Bandages**



**1 Sterile Gauze Pad**



**Single Use Lancets**  
(Up to 3 depending on test kit)



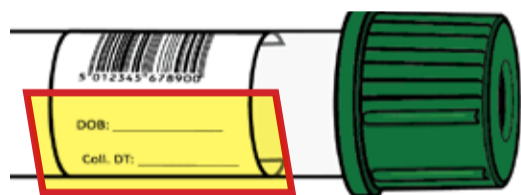
**1 Specimen Bag**  
(with Desiccant Silica Gel Pack)

### Tips for proper blood collection

1. Hydration promotes blood flow. Be sure you are not dehydrated when 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 towards 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.

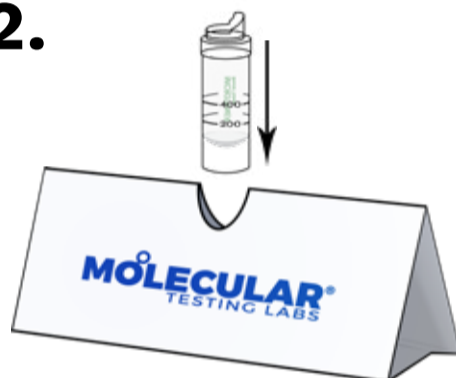
## TO PREVENT REJECTED SPECIMENS, PLEASE READ ALL INSTRUCTIONS BEFORE BEGINNING COLLECTION

**1.**



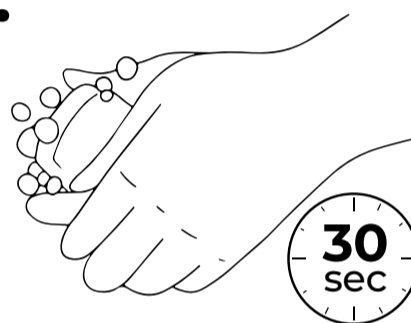
Write your name, date of birth, and the date of collection in the designated fields. Use MM/DD/YYYY format.

**2.**



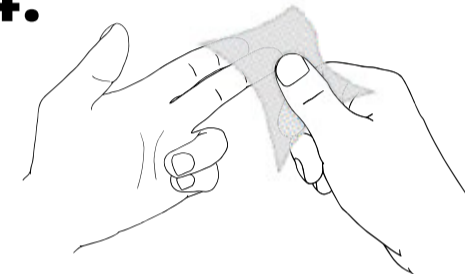
Open the flattened Microtainer tube stand by pushing upwards from the bottom to create a triangle. Uncap the Microtainer tube and place it in the hole of the stand to hold the collection tube upright.

**3.**



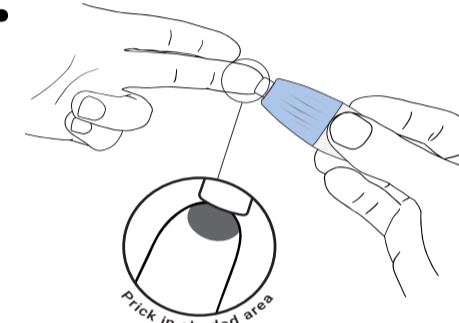
Wash hands with warm water for at least 30 seconds, then shake hands vigorously for 15 seconds to encourage blood flow to your fingers.

**4.**



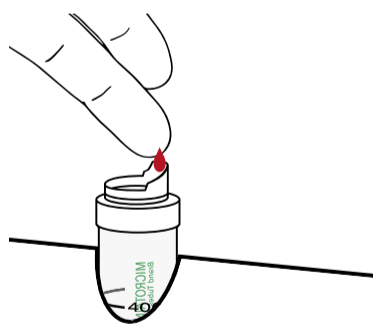
Clean fingertip with alcohol pad. It is best to use the middle or ring finger of your non-dominant hand.

**5.**



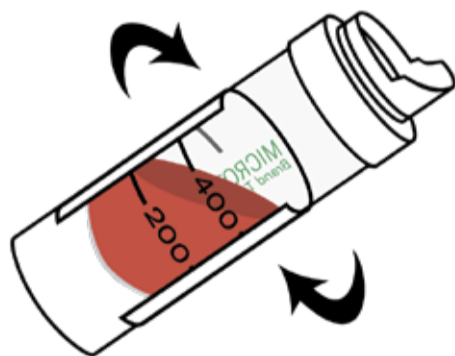
Take the lancet and twist off the cap. Press the small tip firmly into the tip of your finger, near the tip, until the needle ejects with a click. Lancet is single use. **All lancets need to be returned with your sample to the laboratory for disposal.**

**6.**



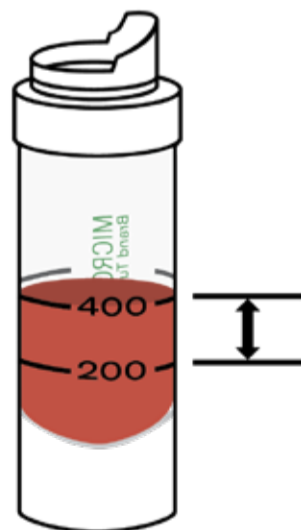
Keeping your hand below your heart during collection, massage finger from base to tip to encourage blood flow. **Do not squeeze finger to encourage blood flow** as this could damage the integrity of the sample. Allow a medium blood drop to form and let blood touch the edge of Microtainer opening to flow down the inside wall. **Do not scrape your skin against the edge of the tube** as this may restrict blood flow.

**7.**



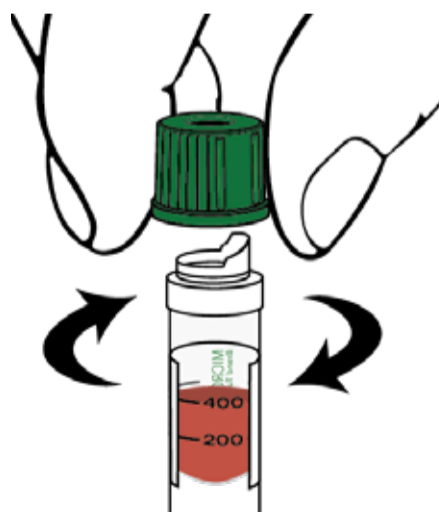
Tilt and rotate tube every 30 seconds to mix. Mixing action helps prevent clotting.

**8.**



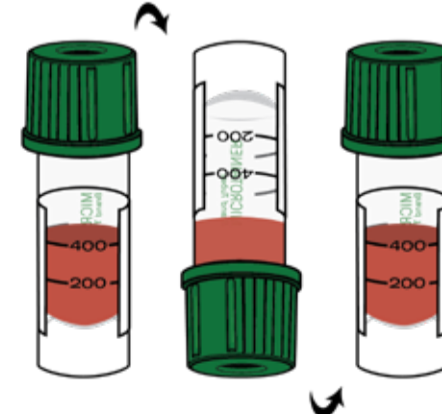
Repeat steps 6 and 7 until Microtainer is filled (approximately 5-7 drops) between the top and bottom lines (200-400). Use additional lancets on different fingers as necessary to fill the Microtainer.

**9.**



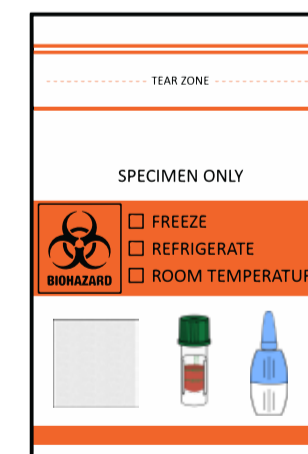
Replace the cap of the tube by pushing and twisting to be sure it is secure.

**10.**



**Gently invert** the tube upside down, and then right side up 10 times to mix the blood with the anti-clotting media that was already inside of the tube. It is important that blood fully coats side of walls. **DO NOT SHAKE.**

**11.**



Place the Microtainer tube and lancets into the biohazard bag with the large absorbent pad. Ensure biohazard bag is properly sealed.