

Dry Blood Card

Instructions Manual



1. Remember to **read the instructions** manual thoroughly before beginning the test. Following each step precisely ensures accurate results.
2. Make sure to send out the collected sample within **24 hours** after collecting.

01 Before you start

- **Hydrate:** Drink at least 16 oz (two full glasses) of water to help with blood flow.
- **Take off any rings:** Remove any rings you're wearing so that your blood vessels are unobstructed.
- **Get your heart rate up:** Increase your heart rate to improve circulation and deliver the volume you need. Choose exercises suited to your abilities, or try:
 - » 1 min. of squats
 - » 2 mins. of jumping jacks
 - » 2 mins. of high knees

02 Wash your hands with warm water

03 Prepare for collection

- Lay out all the materials provided in the KitLab At-Home Test Kit: bandages, alcohol wipes, finger pricks, and the dry blood spot card.
- Label the spot card with today's **date** and your **name**.
- Twist off the blue tab to break the seal on the lancet. **Do NOT touch or depress white tip.**



04 Select finger and clean



Use the provided alcohol pad to clean the tip of the finger (3rd finger or 4th finger). Ensure the finger is dry before proceeding.

05 Use finger prick



Place the tip of the lancet against the side of the fingertip.
Press down firmly until an audible click is heard.



Gently press the pricked finger from below the puncture site to allow for a large drop of blood to form.
Wipe away the first drop of blood with the gauze.
Massage your finger from its base towards the puncture site. If possible, avoid squeezing your finger. If squeezing is required, do so just above the base knuckle.

06 Apply blood to card



Hold your finger downward to allow blood to drop onto circles.
Carefully fill each of the spots on the dry blood spot card with a drop of blood. Be sure to fill each spot completely.

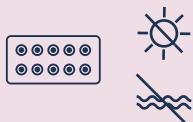
Make sure blood saturates through to the back of the card!

07 Apply bandage



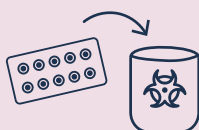
Once blood collection is complete, apply a bandage to the puncture site to stop any bleeding.

08 Allow blood spots to dry



Allow the blood spots to dry completely before handling them further. This may take up to 3 hours.
Keep away from moisture and sunlight. It is important that the blood is not in contact with the cover.

09 Secure the card



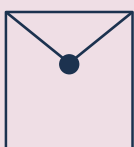
Once fully dried, tuck the cover into flap as indicated on the card.
Place the dried blood spot card into the biohazard bag with the silica gel packet provided in the kit.

10 Prepare for shipping



Place the sealed biohazard bag containing the dried blood spot card back into the Kit box.

11 Seal and send



Close the kit and place it into the return mailer
Seal it tightly and affix any necessary shipping labels.

Ensure the package is securely sealed before sending it off for analysis.

Need help?

If you have any questions, feel free to reach out to us for assistance

For video demonstration of the instructions, visit –
www.kitlab.com/pages/resources



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For more information, visit
www.kitlab.com