

## BLOOD SPECIMEN COLLECTION KIT INSTRUCTIONS

Please carefully read all instructions. Failure to follow instructions may lead to incorrect results. For complete details and tips for best results when collecting your specimen, please watch our video at [testandgo.com/testandgo-tests](https://testandgo.com/testandgo-tests)

Questions: Contact us at [testandgo.com](https://testandgo.com) or call (800) 402-0000.

### BEFORE RETURNING KIT, CONFIRM:

- ✓ **KIT WAS ACTIVATED.** The specimen cannot be processed if the kit is not activated.
- ✓ **DATE OF BIRTH and INITIALS** are written on the label.
- ✓ You will drop off the specimen on the **SAME DAY** it is collected.

### KIT CONTENTS



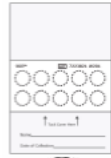
KIT PACKAGE



LANCETS (x3)



ALCOHOL & GAUZE PADS



BLOOD COLLECTION CARD



SPECIMEN BAG WITH ABSORBENT PAD



LABEL WITH QR CODE



BANDAGES (x2)



RETURN MAILER



PEN

### KIT INSTRUCTIONS

#### 1 Activate Kit

- Scan the QR Code on the label in the kit.
- If you cannot scan the label, call our helpline to complete this step: 800-402-0000.



#### 2 Fill out label

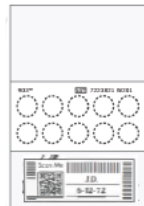
The lab can only process the specimen if the correct information is written on the label.

- Write the **initials** and **date of birth** of the person being tested on the label.



#### 3 Prepare

- Drink a glass of water thirty minutes before collection.
- Place label on the card as shown.



#### 4 Clean hands

Anyone touching supplies must clean their hands. Use sanitizer/wipe or wash hands with soap and warm water for 20 seconds and dry them thoroughly with a clean towel.



#### 5 Use lancet

- Clean your middle or ring finger with the alcohol pad.
- Twist off the lancet cap.
- Press the lancet into the palm-side surface of your finger, avoiding the center and tip, to puncture the skin. More than one puncture may be needed. Extra lancets are provided.



#### 6 Collect blood sample

- Drip a large drop of blood onto each of the circles.
- Try to fill each circle entirely.
- Gently squeeze your finger to release more blood. Use extra lancets if needed.



#### 7 Allow time to dry

- Let the collection card dry completely (at least 45 minutes).
- Apply bandaged(s) to your lancet pricks.



#### 8 Clean hands

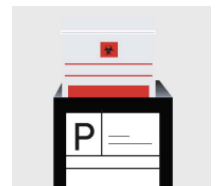
Before returning the collected specimen to the kiosk, use hand sanitizer/sanitizer wipe to clean your hands.



#### 9 Return specimen

The specimen **MUST** be dropped off the same day it is collected.

- Place the labeled blood spot card into the bio-hazard bag.
- Place the bio-hazard bag into the prepaid mailer and seal.
- Deposit the sealed mailer into a FedEx drop off box or at a FedEx ship location immediately OR deposit in the return drawer of the kiosk.



**WHEN YOUR RESULTS ARE READY YOU WILL RECEIVE A TEXT OR EMAIL. IF YOU DO NOT RECEIVE YOUR RESULTS WITHIN 48 HOURS OF LAB RECEIVING YOUR SPECIMEN, PLEASE CALL 800-402-0000 FOR ASSISTANCE.**

#### PLEASE READ:

Seek immediate medical care from a healthcare professional if seriously ill - do NOT wait for the results of this test. Call 9-1-1 if having a medical emergency.