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INSTRUCTIONS

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Prepare Device for Collection

1. Retrieve device from foil pouch.
2. Remove barcode label from your Consent Form and affix label onto the **OUTSIDE** top of the device.
3. Remove the second barcode label and affix on the provided Reference Card for your records.
4. Place device with collection side up, on a flat and level surface.
5. Do **NOT** remove the clear cover applicator in the middle of the device.

**BEFORE YOU START,
READ THIS ENTIRE DOCUMENT.**

Do **NOT** open foil pouch until you're ready to begin collecting your blood sample.
The blood collection device **MUST** be used **within 30 minutes** after opening foil pouch.

Watch the video

HOW TO COLLECT YOUR BLOOD SAMPLE

[▶ healthinabox.com/pages/testing-instructions](https://healthinabox.com/pages/testing-instructions)

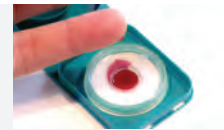
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Prepare to Collect Sample

1. With palm facing up, select ring finger for your collection.
TIP: Wash your hands in very warm water before collecting your sample.
2. Clean fingertip with alcohol pad and let dry.
3. Stimulate blood flow to cleaned finger.
TIP: Allow your hand to hang down by your side and shake it for 15-20 seconds.
4. Using lancet provided, remove safety cap.
5. Place hand, palm side up on table or hard surface.
6. **FIRMLY** press lancet into fingertip to puncture the skin.
*TIP: It's less sensitive if you puncture **ON THE LATERAL SIDE, NOT** on your fingertip pad.*
7. Wipe off the first blood drop with the gauze pad. (Keep gauze for further use).

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Collect 4 Blood Drops

1. Blood should begin to flow freely.
TIP: Massage finger above knuckle towards fingertip.
2. Allow large drops to form.
TIP: If blood drop does not form, wipe puncture site with gauze pad again and massage finger.
3. Apply **FOUR** (4) large blood drops onto the centre of the clear cover applicator.
TIP: Apply drops continuously. Do NOT stop and wait between drops.
4. If blood flow stops, repeat step #2 as needed to generate blood flow.
5. Wait 5 minutes for blood drops to soak into the white membrane after you've applied the 4 drops.
6. Discard your **USED** lancet in regular trash.

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Prepare Device for Shipment

1. After 4 blood drops are absorbed and 5 minutes has passed, close the device firmly, folding over the top. Make sure the latches are secure. You should not be able to open it again.
2. Make sure your **BARCODE LABEL** from the Consent Form is **ON THE TOP** of the Collection Device.
3. Place the Collection Device into the white envelope provided, and seal.

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Mailing Instructions

Mail sample within 24 hours of collection. Store at room temperature.

1. Include the Consent Form if you have **NOT** registered online. Complete all information, sign and date. The Lab will **NOT** process your sample without all this information.
2. Place the white envelope into the provided shipping package to FedEx.
3. Contact FedEx for a pick-up or drop package into a FedEx deposit box.
4. Keep Reference Card with barcode for your records.
5. Check your status and get your results at:
www.dbslabportal.com

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