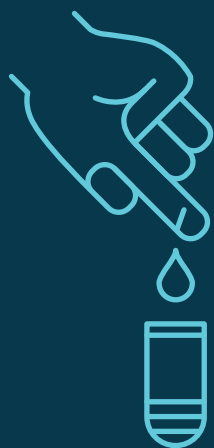




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# Finger Prick Collection Method



Instructions For Use ►



## At-Home Lab Testing, Let's Do This!



### Important Reminders Before Testing



**Prepare to return your kit the same day you collect your sample.**



**Do not test on a Friday, Saturday, Sunday, or Holiday.**



You will be notified via email when your test results are ready. You can access your results by logging into your Patient Dashboard at:

**[kits.mylabsdirect.com](https://kits.mylabsdirect.com)**



## STEP 1

# Ready to test!

Fill out the Test Kit ID sticker on biohazard bag with black ballpoint pen. Be sure handwriting is legible. Register your kit by scanning the QR code below or

**[Click Here](#)**



**Register Kit**



## STEP 2

# Wash Your Hands Vigorously

Wash hands for two full minutes in warm/hot soapy water, scrubbing hands and flexing fingers to improve blood circulation. Dry your hands.



### STEP 3

## Tips For Blood Collection

Be sure to consume plenty of water and stay hydrated before blood testing. Do not squeeze fingertip; let blood flow naturally. Keep your collection finger in a relaxed downward position with hand below your heart.

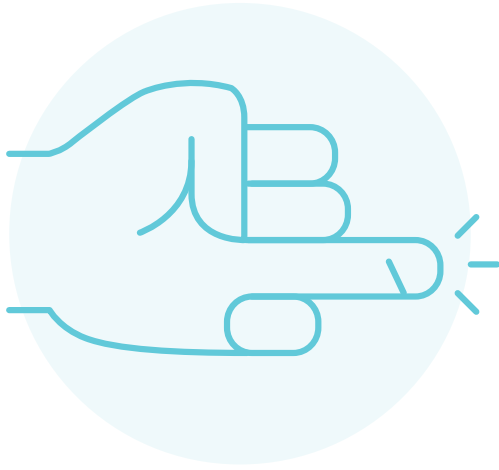


## STEP 4

# Prepare To Test

Uncap blood collection tube. Choose third or fourth finger on non-dominant hand for testing.

Massage hand from palm to tip of finger to increase blood flow.



## STEP 5

# Pierce Finger With Lancet

Twist cap off of lancet. Cleanse top of finger with alcohol pad. Let air dry. Place top of lancet securely down on pad of fingertip, press lancet top down firmly until it makes a 'click' sound.

\*Note, If you do not feel the lancet prick, use a new lancet and apply more pressure on the next attempt.



## STEP 6

# Collect Blood

Wipe away the first drop of blood. Hold collection tube at a 30 degree angle and use the elevated side of collection tube to scoop each drop of blood into tube. Completely fill to top of label on tube to ensure sample can be processed and resulted. If blood flow stops due to clotting prior to filling tube, use a new lancet and pierce finger again. Repeat as needed.

Do not test on pinkie finger.





## STEP 7

# Prepare Sample For Return

Wash hands and apply bandage to testing finger(s).

Firmly apply cap to collection tube. Rotate the collection tube up and down, 5 to 10 times, to properly mix the sample for accurate test results.

Place collection tube into biohazard bag. Seal bag.



**Return Kit**

## STEP 8 **Return Your Kit**

Scan the QR Code above or [Click Here](#) to see all of  
your kit return options!



Remember to return your kit the same day you  
collect your sample.

Thank you for choosing MyLabsDirect  
for your Lab testing needs!

# You're Done!

**Questions? We've got answers.**

Call or text 877.355.7978

Email [info@mylabsdirect.com](mailto:info@mylabsdirect.com)

