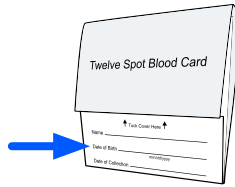


## Preparation

### Online Kit Registration

Register online if you have not already done so.

<https://4uhealth.com/register>

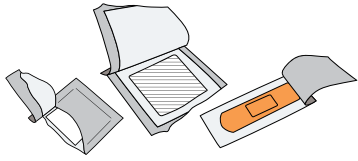


### Blood Spot Collection Card

Print your Name, Date of Birth, and Date of Collection in provided fields.

- Name on Card and registration must match.
- Unlabeled cards will be rejected.

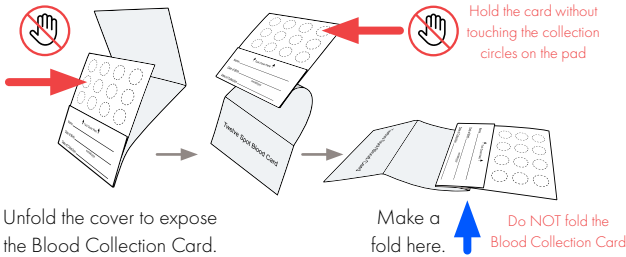
## Lay Out Collection Materials



### Alcohol Swab/Gauze/Bandage

Tear open packages, leaving swab, gauze, and bandage inside until use.

## Prepare Collection Card

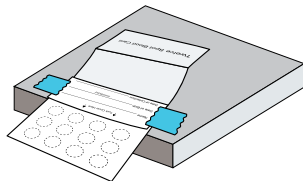


Unfold the cover to expose the Blood Collection Card.

Make a fold here. **Do NOT fold the Blood Collection Card**

### Tip:

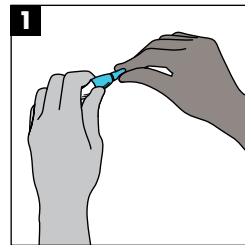
Taping the outer cover to the edge of the table top may help stabilize the Blood Collection Card.



Wash hands for 30-60 seconds under warm water.

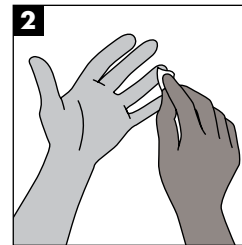
Warming your hands before collection can increase blood flow to your fingers and make specimen collection easier.

## Collection

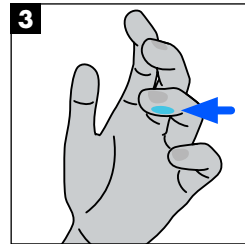


Uncap the orange lancet.

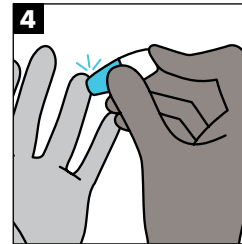
Do NOT touch or depress red tip.



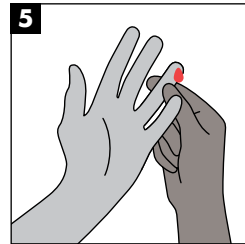
Use the provided alcohol pad to clean the tip of the finger (3rd finger or 4th finger).



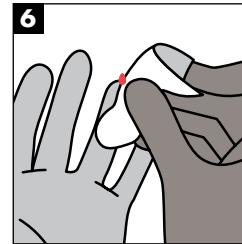
Place the tip of the lancet against the side of the fingertip. The side facing the 5th finger.



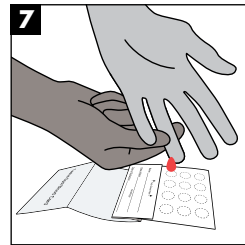
Press down firmly until an audible click is heard.



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.



Hold finger downward to allow blood to drop onto circles.

Completely fill at least ten blood spots. Use additional lancet if necessary.

### Tip:

Filling more than the required number of spots is recommended if you have continued blood flow, ensuring ample specimen quantity for testing.

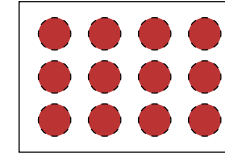
**Make sure blood saturates through to the back of the card.**



Once specimen collection is completed, apply the provided bandage to the puncture site.

## Diagrams of the Blood Spot Collection Card

### Valid Specimen:

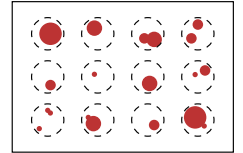


Front **AND** Back

### Sufficient for Testing

Blood must saturate through to the back of the card

### Invalid Specimen:



Front **AND** Back

### Insufficient for Testing

Uneven and incomplete application will be rejected.

## Drying

**Air-dry completely.** Prop the card up or leave taped on table and let air-dry for at least 3 hours. Keep away from moisture and sunlight. It is important that the blood is not in contact with the cover.

Once fully dried, tuck the cover into flap as indicated. Insert the Blood Spot Collection Card into the biohazard bag containing the desiccant and seal tightly.

## Shipping

### Mail Samples Same Day As Collected

1. Close the card and place in the provided biohazard bag.
2. Place biohazard bag into the 4U Health shipping box. Insert box into the shipping bag, seal bag, then label bag with return shipping label.
3. Drop in the nearest mailbox or deliver to your favorite post office.

