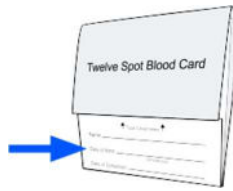


Preparation

Online Test Registration

Register online if you have not already done so.

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

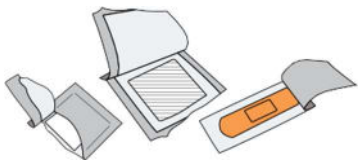


Blood Spot Collection Card

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.

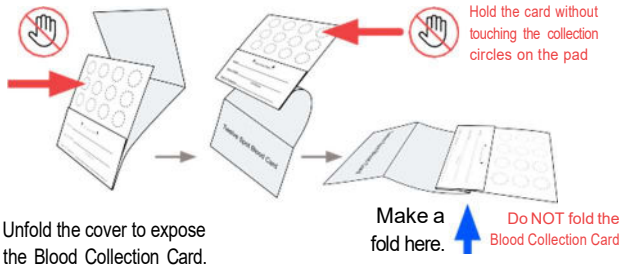
Lay Out Collection Materials



Alcohol Swab/Gauze/Bandage

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

Prepare Collection Card

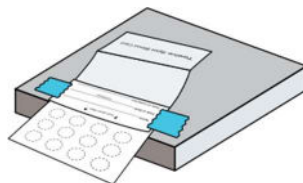


Unfold the cover to expose the Blood Collection Card.

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

Tip:

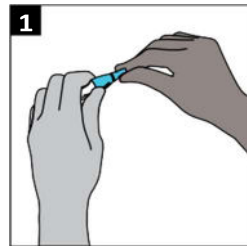
Taping the outer cover to the edge of the table top may help stabilize the Blood Collection Card.



Wash hands for 30-60 seconds under warm water.

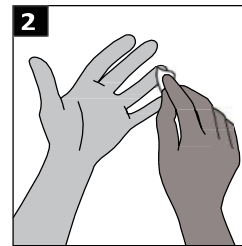
Leave collection hand under warm water for 60 additional seconds while opening and closing your hand (make a fist motion repeatedly). This will aid blood flow to your fingers

Collection

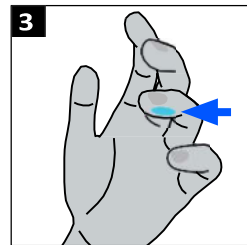


Uncap the blue lancet.

(Do NOT touch or depress red tip)

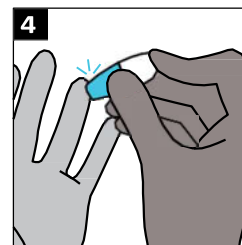


Use the provided alcohol pad to clean the tip of the finger (3rd finger or 4th finger)

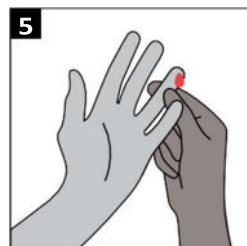


Place the tip of the lancet against the side of the fingertip.

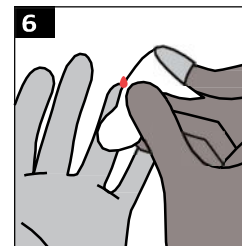
(The side facing the 5th finger)



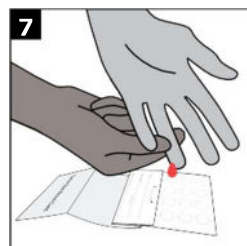
Press down firmly until an audible click is heard.



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 3 blood spots. Use additional lancet(s) if needed.

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

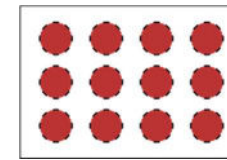
Make sure blood saturates through to the back of the card.



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

Diagrams of the Blood Spot Collection Card

Valid Specimen:

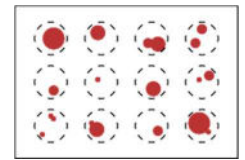


Front AND Back

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 the Same Day or Next Business Day

1. Close the card and place in the provided biohazard bag.
2. **Place biohazard bag into the 4U Health shipping box.**
3. If your STD test came with more than one specimen type, please follow your urine and/or swab collection instructions.
4. Once all your specimens are in the 4U Health shipping box, close and insert box into the shipping bag, seal bag, then label bag with return shipping label.
5. **Returning By USPS**
If your return label says USPS, drop in the nearest mailbox or deliver to your favorite post office.

Returning By FedEx

If you purchased expedited shipping with FedEx, Drop off at the nearest FedEx dropbox Monday thru Friday: <https://www.fedex.com/en-us/shipping/dropbox.html>

If shipping on a Saturday, we recommend you visit a FedEx Office location. **Verify your drop-off location offers Saturday service:** <https://local.fedex.com/en-us>



Contents

Registration Card



Sterile Gauze



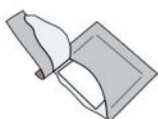
Four Lancets



Four Adhesive Strip Bandages



Four Alcohol Swabs



Biohazard Bag



Desiccant



Blood Collection Card



Shipping materials are also provided.

Warnings and Precautions

- The supplied items contain a biohazard bag with an included desiccant. To preserve the integrity of the desiccant, do not leave the biohazard bag open before, during, or after blood collection. Leave the desiccant inside the biohazard bag with the collected specimen and seal the bag tightly for shipment.
- The materials provided are for one time use only. Do not reuse the lancet. Do not reuse or use the blood collection paper for more than one blood sample.
- Do not perform this test if you are taking blood thinning medications or if you have a blood clotting disorder unless authorized by your healthcare practitioner.
- The lancet is not suggested for use on children younger than one year old.
- Blood samples should not be collected from swollen or previously punctured sites, earlobes or fifth pinky finger. The fifth finger must not be punctured because the tissue-depth is insufficient to prevent bone injury.

Intended Use:

4U Health's Whole Blood Specimen Collection Supplies are intended to be used as a medium to collect and transport a blood specimen to the laboratory for CLIA-certified professional testing services.

General Guidelines

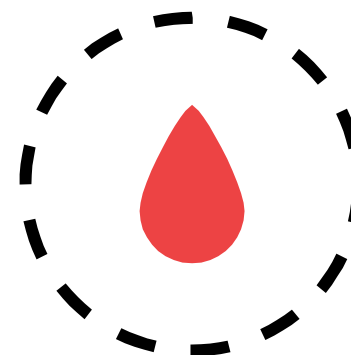
- Avoid strong repetitive pressure ('milking') on the pricked finger. This may cause hemolysis or tissue-fluid contamination of the specimen.
- Do not rub or smear the blood sample.
- Air dry only.
- Not completing the online registration will prohibit the processing of your specimen.
- Allow a sufficient quantity of blood to soak through to completely fill in the preprinted circle on the filter paper.
- Test results are sent directly to you and your ordering 4U Health provider and make take 2-5 business days from the date your specimen is received by the lab.
- 4U Health cannot accept New York State collected samples.

Testing After Exposure

- Screening for STDs can be done as early as 2 weeks after exposure. However, to definitively rule out STDs after potential exposure, we recommend retesting after at least 3 months for the most accurate results.

DRIED BLOOD SPOT (DBS) COLLECTION & SHIPPING INSTRUCTIONS

Finger Prick STD Tests



Read this document carefully before using the contents of this package.

4U Health's Specimen Collection and Shipping Instructions for Dried Blood Spot (DBS) is permitted for use under the guidance of a healthcare practitioner. Please contact help@4uhealth.com with any questions or to speak with your ordering provider.



PO Box 100083, Pittsburgh, PA 15233 | 1.866.610.1200
help@4uhealth.com | 4uhealth.com

