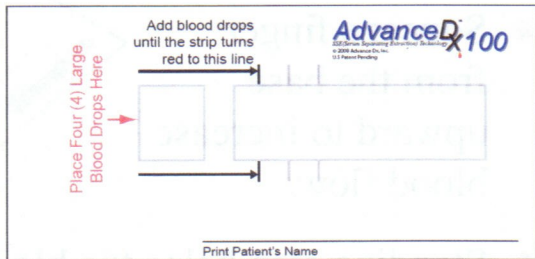


1. Fill Out the AdvanceDx100

- Place card on a clean, dry surface.



- PRINT your name and date on the Request Form and the AdvanceDx100 Serum Separator Card.

Cholesterol Test - Before collecting blood sample, you must fast for at least 9 hours.
FAST for 9 or preferably 12 hours before collecting blood sample for Cholesterol Test.

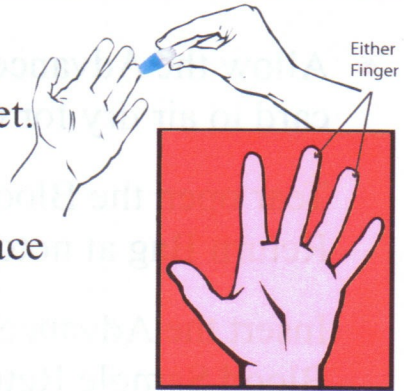
2. Hands Must Be Warm

- Wash hands with warm water and dry thoroughly.
- To increase blood flow, rub your hands together for 10 -15 seconds.



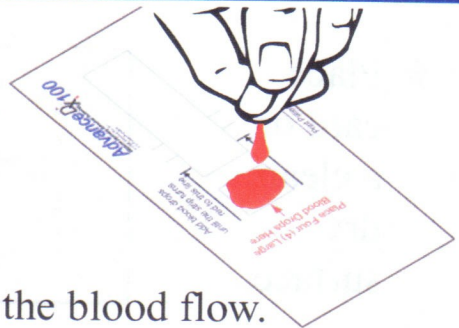
3. Nick Your Finger

- Remove the protective blue tip from the Lancet.
- With your hand on the table, palm side up, place the tip of the Lancet slightly off center.
- Hold Lancet steady, press down firmly until it “clicks”, then release.



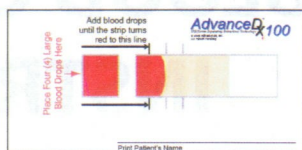
4. Place Blood Drops on Card

- Squeeze finger from the base upward to increase blood flow.
- Standing also helps the blood flow.
- Place blood drops in the box to the left.



5. Very Important

- 4 LARGE drops will usually be enough to reach the 1st line.
- IMPORTANT** – without touching the card **CONTINUOUSLY** apply 4 drops of blood to the card. Allow the blood to drop on the card. **DO NOT** stop and wait between drops.



6. Allow to Dry 60 Minutes

- Allow the AdvanceDx100 card to air dry for 60 minutes.
- Tear open the Blood Sample Return Bag at notches.
- Insert the AdvanceDx100 card into the Blood Sample Return Bag and seal. **Do NOT** remove the desiccant or oxygen scrubbers .



7. Mail Sample to the Lab

- ◆ Peel the Test Request Form label and place the label on the sealed Blood Sample Return Bag AND then place into the preaddressed, prepaid mailing envelope.
- ◆ Seal and mail envelope as soon as possible.
- ◆ Discard used Lancet and all other kit materials into proper container.