

1. Before You Begin

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

1. Check the contents of your kit:
 - 1 Foil Pouch (Collection Device)
 - 2 Lancets (one extra if needed)
 - 1 Alcohol Swab
 - 1 Adhesive Bandage
 - 1 Gauze Pad
 - 1 Test Request & Consent Form
 - 1 Return Mailing Envelope

You can view instructional video at
<https://www.coremedicalabs.com/specimens.html>

4. Prepare for Collection

1. Rinse hands in warm water.
2. Select fingertip, ring or middle fingertip. Puncture site should be on the right or left side.
3. Clean with alcohol pad.
4. Stimulate blood flow to the selected finger by letting your hand hang at your side for 15-20 seconds.
5. Shake your hand back and forth several times.



2. Record Your Data

Complete Test Requisition & Consent Form. Please Print Clearly. Enter your information as indicated along with the date of collection and signature.

CoreMedica
Laboratories, Inc. REQUISITION & CONSENT FORM 2018 Revised Form
PLEASE PRINT 10/21/18 10/21/18

First Name: _____ Last Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____
E-mail: _____
Have you used health equipment? Yes No
DOB: _____ SSN: _____
Collection Date: _____ Time: _____
Fasting: YES NO (No Fasting Order Allowed) Date: _____
Signature: _____

5. Lance Finger

Note: Do **NOT** use the center of the fingertip. Only use side of fingertip pad as the puncture site for less discomfort.

1. Using the lancet provided, remove the cap, place palm up and position lancet on finger.
2. Place finger firmly against hard surface and press down on Lancet to puncture site.
3. Wipe off the first blood drop with the gauze pad.



- Keep the gauze pad until you are done.**
4. Discard used safety lancet in regular trash.

3. Identify Your Sample

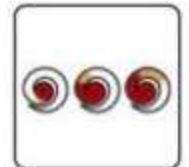
1. Retrieve Blood Collection Device from foil pouch.
2. Remove "Blood (bar-code) Card" label from Requisition Form and affix label to the top portion so it is visible after closing the device.
3. Place device with collection side up, on a flat and level surface.
4. Do **NOT** remove clear cover.

Place Label



6. Apply 4 Blood Drops

1. Blood should begin to flow freely.
2. Allow large drops to form. If blood drop does not form, wipe with gauze again and gently squeeze finger from the palm to fingertip.
3. FOUR (4) large blood drops are required to fall in the center of the clear cover applicator.
4. Apply drops continuously. **Do NOT** Stop and wait between drops.
5. **If blood flow stops, repeat step # 2 above as needed to generate blood flow.**
6. After applying 4 drops, wait 3 minutes for blood to soak into the white membrane.



7. Close the Blood Collection Device

1. After 4 blood drops are absorbed, close the device firmly by folding over the top. Make sure the latches are secure. Lay on flat surface.

2. **Proper Device Handling**

After use, the Collection Device containing your blood sample can be stored at room temperature (65^o- 72^o F) before mailing to the laboratory. Sample must be shipped within 24 hours of collection.



8. Mailing Instructions

Within 24 hours of collection

1. Verify all information is provided on the Test Requisition Form. The Laboratory will **NOT** process your sample without the date of collection and your signature. Remove the "yellow" copy and keep for your records.
2. Verify blood collection device is closed securely and place it in the return mailing envelope. Place the Test Requisition Form inside the envelope as well.
3. Seal envelope and drop in any US Mail Box.

Important Blood Collection Information

Improper collection of blood specimens may affect laboratory results. Carefully read and follow the collection instructions. Persons with hemophilia or anti-coagulation therapy should consult a licensed physician or healthcare professional before using this kit.