

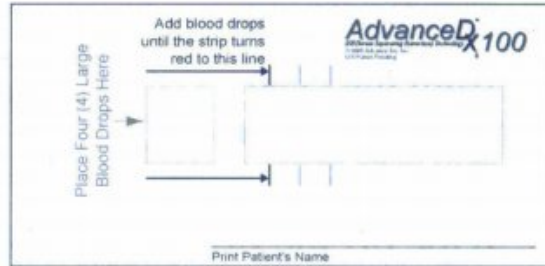
# 1. Fill Out the



New Century Diagnostics  
—Diagnostics at your fingertips—

## Separator Card.

- Place card on a clean, dry surface.



- Fill out the REQUISITION/CONSENT FORM.
- Write your name on New Century Diagnostics Separator Card.

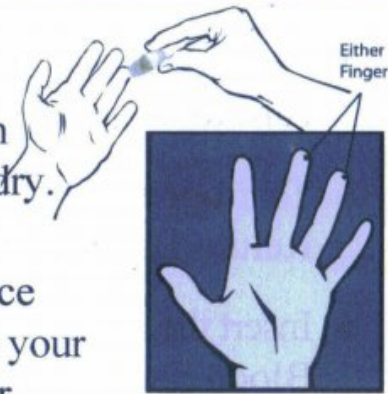
# 2. Hands Must Be Warm

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



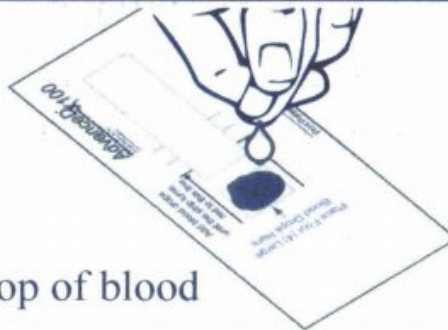
### 3. Nick Your Finger

- ◆ Remove the protective tip from the Lancet.
- ◆ Use alcohol prep to clean your finger, allow to air dry.
- ◆ With your hand on the table, palm side up, place the tip of the Lancet on your finger slightly off center.
- ◆ Hold Lancet steady, press down firmly until it “clicks”, then release.



### 4. Place 4 Blood Drops on Card

- ◆ Squeeze finger from the base upward to increase blood flow.
- ◆ Wipe off the first drop of blood with sterile gauze.
- ◆ Standing also helps the blood flow.
- ◆ Place 4 blood drops in the box to the left.



### 5. Very Important!!!

- ◆ Place **4 LARGE** free falling drops of blood without touching the card with your finger during collection.
- ◆ IMPORTANT – **CONTINUOUSLY** apply 4 drops of blood to the card.  
DO NOT stop and wait between drops.



## 6. Allow to Dry for 30 Minutes

- ◆ Allow the New Century Diagnostics card to air dry for 30 minutes.
- ◆ Tear open the Blood Sample Return Bag at notches.
- ◆ Insert the New Century Diagnostics card into the Blood Sample Return Bag and seal it.  
**DO NOT** remove the desiccant or oxygen scrubber.



## 7. Mail Sample to the Lab

- ◆ Place card into the Blood Sample Return Bag and seal it.
- ◆ Place completed Requisition/Consent form and Sample Return Bag into the pre-addressed prepaid mailing envelope provided. Sample **WILL NOT** be processed without Requisition/Consent form.
- ◆ Seal and mail envelope as soon as possible.
- ◆ Discard used Lancet and all other kit materials properly.

## Important: How to get your Test Results

Fill out the Requisition/Consent Form to send with your blood sample and remember the data exactly as you put it on the form so you can register online to get your blood test results

**Sign Up** for test results online at

**WWW.MYBLOODTESTRESULT.COM**

Last: <input type="text"/>	Sex: <input type="checkbox"/> M <input type="checkbox"/> F	First Name: * <input type="text"/>
First: <input type="text"/>		Last Name: * <input type="text"/>
Address: <input type="text"/>		DOB: * <input type="text"/> <input type="text"/> <input type="text"/> (eg. 05 21 1970)
City: <input type="text"/>		Phone: * <input type="text"/> (eg. 8475379600, no dashes)
State: <input type="text"/> Zip: <input type="text"/> DOB: <input type="text"/>		
Telephone: <input type="text"/>		
E-mail: <input type="text"/>		