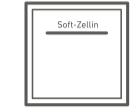
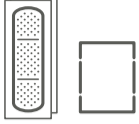
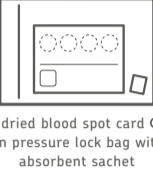
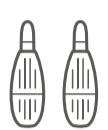





Food Intolerance Test + Allergy Test

The cerascreen® Food Intolerance Test + Allergy Test is a send-in sampling kit to identify possible allergies and intolerances. The test is used to analyse the concentration of specific IgE and IgG4 antibodies in human capillary blood.

Your test kit contains


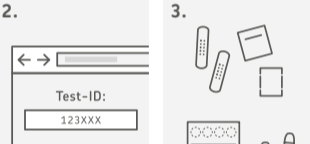
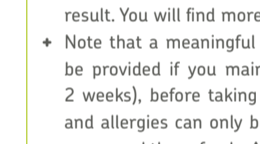


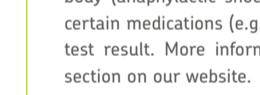
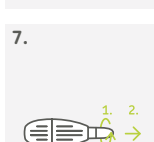
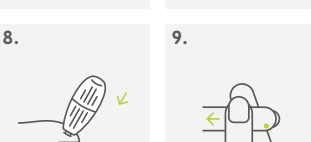
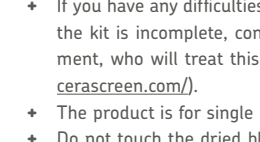


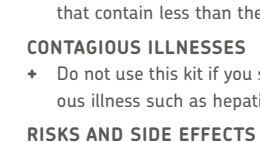
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Hersteller: cerascreen GmbH Güterbahnhofstrasse 16 19059 Schwerm Germany

www.cerascreen.info SKU: 99091167

CRS3-LMR_INT_001 Valid from December 2023

Supplier | Lieferant | Leverandar | Proveedor | Fournisseur Fornitore | Leverancier | Leverander | Levanter: B: PAUL HARTMANN AG, Paul-Hartmann-Strasse 12, 89522 Heidenheim, Germany. C: Ahlstrom-Munksjö Germany GmbH, Niederschlag 1, 09471 Bärenstein, Germany. D: Becton Dickinson GmbH, Tullastrasse 8-12, Postfach 101629, 6900 Heidelberg, Germany

1.	2.	3.
		
4.	5.	6.
		
7.	8.	9.
		
10.	11.	12.
		

13. For the best evaluation of the sample, the largest possible drop of blood is required. The blood drop should cover the circle inside the marking completely.

14. Repeat this process until you have completed four circles. If you fill up more than three circles, your sample will be evaluated, as well.

15. After taking the blood, use the swab and plaster to clean and cover the wound.

16. Remove the square code sticker from the test-ID card and stick it on the dried blood spot card in the area intended for the test-ID sticker.

17. Allow the dried blood spot card to dry for **2 to 3 hours** at room temperature. Ensure to place it flat on a dry surface, protected from direct sunlight.

18. Wait until the blood has dried completely. Place the dried blood card back into the plastic bag so that the Test ID is visible (see picture). Make sure to include the sorbent packet.

19. Open the included return mailer box and set the clear plastic sticker aside.

20. Pull on one of the three safety latches in the center to lift the inlay tray. Place the dried blood card in the bottom of the box and replace the inlay tray over it.

21. Close the box and seal it using the clear plastic sticker included. The spot for the sticker is denoted with „affix here“. For return shipping with UPS, please go to: <https://www.cerascreen.com/return>

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Anleitung

1. Prüfen Sie, ob alle Voraussetzungen für die Probenahme gegeben sind. Lesen Sie sich hierzu die Rubrik „Informationen und Hinweise“ aufmerksam durch.

2. Sind Sie neu bei uns, dann erstellen Sie sich ein Benutzerkonto unter [my.cerascreen.com](https://www.cerascreen.com) oder in der **mein cerascreen®**-App. In unseren „Häufig gestellte Fragen“ auf <https://www.cerascreen.de/fragen> finden Sie eine Anleitung für die Erstellung. Damit wir Ihren Ergebnisbericht erstellen können, loggen Sie sich auf [my.cerascreen.com](https://www.cerascreen.com) oder in der **mein cerascreen®**-App (Android, iOS) ein. Geben Sie unter „Test aktivieren“ die ID-Nummer gemäß Ihrer Test-ID-Karte ein und folgen Sie den Anweisungen.

3. Legen Sie alle im Testkit enthaltenen Utensilien auf eine saubere Unterlage und überprüfen Sie, ob alle Komponenten erhalten sind. Wählen Sie vorab Ihre Einstichstelle. **TIPP:** Am besten eignen sich Mittelfinger und Ringfinger der linken Hand.

4. Waschen Sie Ihre Hände mit Seife und warmem Wasser. Halten Sie die bevorzugte Hand **am 15 Sekunden** unter warmes Wasser, um die Blutgefäße zu erweitern. Trocknen Sie Ihre Hand sorgfältig mit einem sauberen Tuch ab.

5. Kreisen Sie Ihren Arm 5 bis 10 mal mit Schwung, möglichst voll durchgestreckt, in großen Bewegungen, um die Blutzirkulation anzuregen.

6. Entnehmen Sie den Alkoholtupfer aus der Folie und desinfizieren Sie damit die Spitze des bevorzugten Fingers. Warten Sie, bis der Finger wieder trocken ist (15 Sek.).

7. Nehmen Sie die Lanzette, drehen Sie die Schutzkappe einmal um die eigene Achse (1.) und ziehen Sie sie dann vorsichtig ab (2.). **ACHTUNG:** Verwenden Sie keine Lanzette ohne bzw. mit loser Schutzkappe.

8. Legen Sie Ihre Hand auf eine feste Unterlage. Setzen Sie die Lanzette, wie in der Abbildung gezeigt, schräg auf die Spitze des Fingers auf. Verwenden Sie die Seite der Fingerspitze als Einstichstelle, um Beschwerden zu minimieren. Drücken Sie die Lanzette fest gegen den Finger, bis sie auslöst. **ACHTUNG:** Die Lanzette kann nur einmal auslösen!

9. Setzen Sie den Daumen der anderen Hand unterhalb der Einstichstelle an und ziehen Sie die Haut leicht zurück.

10. Unterstützen Sie die Blutentnahme, indem Sie aufstehen und Sie Ihre Hand unterhalb des Herzens halten. Massieren Sie Ihren Finger von der Handinnenfläche hin zur Fingerspitze, bis sich ein Tropfen Blut bildet.

11. Bevor Sie mit der Blutentnahme beginnen, nehmen Sie den Tupfer (**NICHT den Alkoholtupfer**) und wischen den ersten Blutstropfen ab. Warten Sie, bis sich erneut ein großer Tropfen gebildet hat.

12. Lassen Sie den großen Blutstropfen von allein auf den markierten Kreis der Trockenblutkarte fallen. Sollte sich der Tropfen nicht von alleine von Ihrem Finger lösen, halten Sie die Karte vorsichtig gegen den Tropfen, **ohne mit dem Finger das Papier zu berühren**.

13. Zur besten Auswertbarkeit der Probe ist ein möglichst großer Blutstropfen erforderlich. Der Tropfen sollte den Kreis innerhalb der Markierung vollständig mit Blut ausfüllen.

14. Wiederholen Sie diesen Vorgang bis Sie **vier Kreise** gefüllt haben. 15. Nach der Blutentnahme verwenden Sie den Tupfer und das Plaster zur Wundversorgung.

16. Ziehen Sie den quadratischen Code-Aufkleber von der Test-ID-Karte und kleben Sie ihn auf der Trockenblutkarte auf die dafür vorgesehene Stelle.

17. Lassen Sie die Trockenblutkarte für **2 bis 3 Stunden** bei Raumtemperatur trocknen. Legen Sie diese dafür fach in einem trockenen Ort, wo sie vor direktem Sonnenlicht geschützt ist.

18. Warten Sie, bis das Blut vollständig getrocknet ist. Legen Sie die Trockenblutkarte dann so in den Plastikbeutel zurück, dass die Test-ID von außen sichtbar ist (siehe Bild). Achten Sie darauf, das enthaltene Sorbentpäckchen mit reinzulegen.

19. Öffnen Sie den beiliegenden Rücksendekarton und legen Sie den darin enthaltenen Klebepunkt zur Seite.

