



**To get started, please
activate your kit at
LactationLab.com/activate**

This step is very important so that we know where to send your results!

See inside for collection instructions.

How to use your test kit:



1. Collect milk throughout the day each time you pump or feed until the sample vial is filled to the 30ml mark. The goal is to collect a representative sample of your milk.
2. Secure the cap tightly on the vial then freeze the sample and gel pack.
3. Once your sample is frozen and you are ready to ship, place the vial inside the zip lock bag and seal.
4. Place sample and gel pack inside the pre-paid shipping envelope.
5. Take a photo of of the tracking number on the envelope then drop it off at any mailbox or USPS location. You can track your return shipment at [USPS.com](https://www.usps.com).



6. Once we receive your sample, it will take 7-10 days to complete testing and send your report. We will sent the report to the email address you provided when activating your kit. Don't forget to activate your kit!

Do not worry about the sample thawing during shipment.
It is frozen to prevent leaking and make handling easier in our lab.
Freezing and thawing the milk will not affect your test results.

Have questions? We're here to help!

Visit: LactationLab.com/faq
Email: support@LactationLab.com
Call/Text: **856-522-4357**

For better service, please include your
Kit ID with all inquiries.

Download our mom support app:
LactationLab.com/Emily

Join our mom support group:
Facebook.com/groups/TheLactationLounge





**Mastitis test kits now available at
LactationLab.com and
Amazon.com/shop/lactationlabinc**

**Congratulations on being a mom and
thank you for trusting us with your milk!**