

## Gut Barrier Panel Instructions: Fingertick Collection, Shipping and Reporting


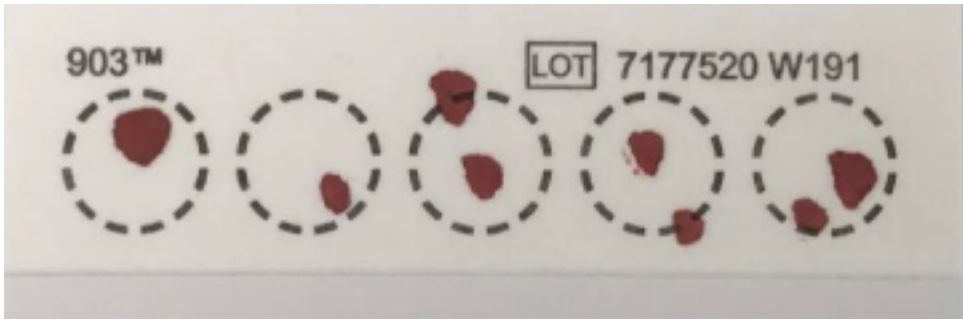
Test Instructions	
1	Wash your hands. Continue to run your hand under warm/hot water and massage to create blood flow. Make sure you are hydrated; drink water 10-20 minutes prior to sample collection.
2	Clean the site with the provided alcohol swab and allow it to air dry.
3	Use the side of the fingertip on either the middle or ring finger. Do not use the center pad of the finger - it is the most sensitive area.
4	Position the lancet provided over the sterilized area and press firmly against your fingertip. Discard the lancet after use. Gently massage your hand moving towards the puncture site to create blood droplets.
5	Fill each circle on the provided collection card with blood. It is important to completely fill each circle to ensure enough samples can be obtained to properly administer the test. **At least 5 spots must be filled to run the panel.
6	Label the collection card with name and date of collection. Wait 20 minutes until the blood has dried completely on the card before placing it inside the provided biohazard bag, sealing it and placing it inside the provided return envelope.
7	Ship the sample and completed requisition form in the provided return packaging. (Shipping pack with prepaid label or pre-stamped envelope)
8	The lab will analyse the sample and send the report in 7 to 10 business days after the receipt of the sample.

For instructions please watch this short video at the link below:  
<https://kbmodiagnostics.com/bloodspot-tutorial-video/>

For general support/ questions please contact the lab:

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## Acceptable Blood Spots Vs. Unacceptable Blood Spots

	<p>Acceptable Sample: Below is an example of the blood spots required for using this test, with five circles completely filled. Once completed, your blood spots should match as closely as possible to the image below.</p>  <p>The image shows a white card with five circular wells, each outlined with a dashed line. The wells are labeled '903™' on the left and 'LOT 7177520 W191' on the right. All five wells are completely filled with a uniform red color, representing an acceptable sample.</p>
	<p>Unacceptable Sample: Below is an example of an unacceptable blood spot card. If the circles are not completely filled, then we do not have enough blood to run the test. A sample that looks like this would be rejected, and a new sample would need to be sent in.</p>  <p>The image shows a white card with five circular wells, each outlined with a dashed line. The wells are labeled '903™' on the left and 'LOT 7177520 W191' on the right. The wells are not completely filled; the first well has a small red spot, the second is empty, the third has a small red spot, the fourth has a small red spot, and the fifth has a small red spot. This represents an unacceptable sample.</p>