



# Let's get started.

Last reviewed May 2023

Version V.0001-A

10-MED-IFU-40

## What's in your kit?



## Safety instructions

- This is a medical device for in vitro diagnosis.
- Keep an eye out for infection symptoms. Seek medical advice if the wound site turns red, hot, or swollen; if you use anticoagulant medication, your risk of increased bleeding is higher.
- If the bleeding does not stop, apply strong pressure and raise your hand. If that does not work, please seek medical advice.
- Use only the tools that are included in your package.
- Keep kit out of the reach of children, animals, sunlight, fire, and smoke.
- If the temperature is higher than 25 °C, do not send the sample to the lab.
- Never use a finger that is hot, red, or swollen.
- If at all possible, avoid using your thumb and/or pinky finger.
- If you've had an operation on your finger, try not to prick your finger on the side of the procedure.
- Please refrain from attempting to re-use a lancet because they are intended for single use only.
- As soon as possible, spilled blood should be cleaned up and disinfected.
- OptimallyMe is for 18+ only.

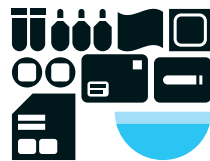
Keep away from sunlight	Manufacturer	Do not re-use
Keep away from rain	Consult instructions for use	Sterile
Temperature limit 25°C	Use by date	LOT Batch code
UK conformity assessed	In vitro diagnostic medical device	

# 1 Activation and setup

## 1.1 Prepare and activate

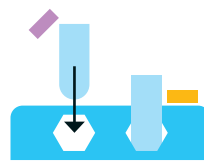
- A** Fast for **8 hours** before collecting your sample in the morning.
- B** Drink at least two glasses of water, **30 minutes** before you start to improve blood flow.
- C** Set aside some fresh tissues .
- D** Complete the test and post on a **Monday-Thursday**. Avoid Fridays, Saturdays and Sundays, as your kit may sit in transit too long.
- E** Allow **30 minutes** to prepare, set up and collect your sample.
- F** Activate your kit by scanning the **QR code** on the return form or manually enter the code found on the return form at [OptimallyMe.com/activate](https://OptimallyMe.com/activate)

## 1.2 Set up the kit



- A** Remove all the components from your test kit and lay them out on a table.
- B** Tick off all the items that are in your kit from the "Whats in your kit" section.
- C** Grab some fresh tissues, and prepare a big bowl of warm water (around bathing temperature).
- D** Wash and dry your hands with a fresh tissue.

## 1.3 Setting up the tubes



- A** Take the tube's cap off. Depending on what you're testing, you might have **1 or 2 tubes**.
- B** Stand the tubes upright in the place holders in the box. In the event you have two tubes please place the tube cap next to the placeholder to avoid mixing the caps on the tube when you need to replace the caps. Please refer to **2.2** for the recommended sequence.

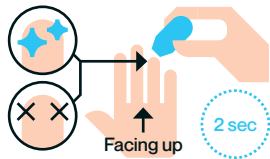
## 1.4 Get the blood pumping



- A** Immerse your entire non-dominant hand for **2 to 3 minutes** in warm water; The skin on your fingers should begin to wrinkle. Then use a fresh tissue to dry and clean your hands.
- B** If it's safe for you to do so, perform jumping jacks or swing your arm while clenching and unclenching your fists repeatedly for **a few seconds at a time**.
- C** If you are able to, stand up for the entire process. To keep the blood flowing, your hand must be lower than your elbow.

## 2 Taking a sample

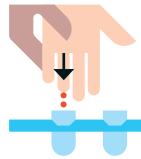
### 2.1 Use the lancet first



⚠ Please finish all the procedures on the opposite side before starting to collect your sample.

- A Taking a sample from your non-dominant hand and using your middle finger or ring finger usually yields the best results.
- B To make sure the test area is clean, use the alcohol wipe to clean your selected fingertip.
- C Twist the lancet's cap off.
- D Lay your hand on a flat surface facing up.
- E Press the lancet firmly for 2 seconds against the outside of your fingertip until you hear a click (you can only use each lancet once)

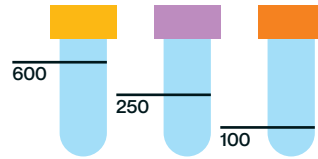
### 2.2 Filling the tube(s)



⚠ Depending on the test you ordered, your kit will contain either yellow, purple or orange tubes; if your kit provides both yellow and purple tubes, start with the yellow tube first.

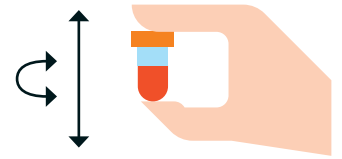
- A Use a fresh tissue to firmly wipe away the initial drop of blood.
- B Every 3-4 seconds, massage your hand from the top of your palm towards the finger prick in a milking motion but stop before you get there.
- C Tap the blood into the tube.
- D If you are unable to collect enough blood, pause for 5-10 seconds and blood drops are likely to reform. Alternatively, repeating steps from 2.1 try to prick another finger using another lancet.

### 2.3 Filling the tube(s) continued



- A Fill the yellow tube all the way to the 600 mark.
- B Fill the purple tube all the way to the 250 mark.
- ⚠ If the purple tube takes a long time between droplets, swirl the purple tube for a few times to make sure it reaches the side.
- C Fill the orange tube all the way to the 100 mark.

### 2.4 Mixing the tube(s)



- A Apply a plaster after using the cleansing wipe to clean your finger.
- B Remove the tubes from the place holder and attach the appropriate-coloured cap to the tube(s) by pressing firmly down until it clicks.
- C In the event that you have a purple tube, mix this one first.
- D Gently swirl the purple tube for 20 seconds, making sure the blood touches the tube's sides. Your blood should remain liquid.
- E If using a yellow or orange tube - gently turn the tube upside down at least 10 or so times. Your blood will thicken and solidify, becoming separate from the yellow gel.

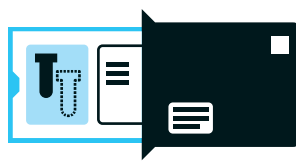
## 3 Label and post

### 3.1 Label the tube(s)



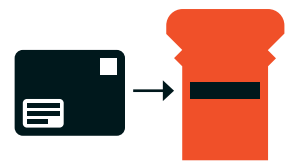
- A Complete the return form; the lab needs information on the date you obtained your sample.
- B Complete the tube labels found on the bottom section of the return form in clear writing with your name, dob and sample date.
- C Fill out the label(s), then wrap the tube label(s) around the tube(s) like a flag so that the barcode and your handwriting are readable.
- D Place the tube(s) inside the protective specimen pouch, peel the adhesive tape from it, and seal to the marked line.

### 3.2 Pack your sample



- A Utilising your test kit: place the following items under the two lids:
  - Protective specimen pouch containing the labelled tube(s)
  - Return form
- B Place the test-kit, containing the protective specimen pouch and return form, inside the pre-paid envelope bearing the lab's address.

### 3.3 Seal and post



- A Check if:
  - Your kit has been activated
  - Test tube(s) are labelled correctly
  - Return form is completed
  - Tube(s) and return form in test kit
  - Test kit in envelope
- B Seal the pre-paid envelope.
- C Send your sample via priority postbox, which is checked and collected every day; you may find the one closest to you at: [www.royalmail.com/services-near-you](http://www.royalmail.com/services-near-you)
- D Dispose safely of all test components left over.

Are you having trouble and need further guidance?

