

Please read all instructions carefully before beginning.

Patient Preparation

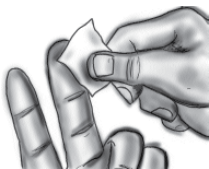
- Patient must be fasting for 8 hours. Drinking water is ok.
- It is not necessary to discontinue nutritional supplements prior to this test.

Sample Collection

- 1 Write name and date of collection where indicated on the absorbent card with the four circles on it.
- 2 Add the date of collection on the test form where specified. Place the form in the return addressed envelope.
- 3 Remove the clear cover from the lancet. The red end of the lancet has a small hole in the center; this will be the end that you push against your finger to engage the needle.

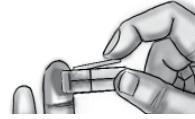


4 Warm your hands under warm water for a few minutes. Dry hands, then select your middle finger. Gently massage the entire length of the finger to increase the temperature and improve circulation.



5 Clean the tip of your finger with the alcohol pad.

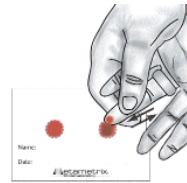
6 Hang your arm down and gently shake your fingers for a few seconds to increase blood pools in the finger.



7 Choose a site on the middle fingertip. Push the red end of the lancet firmly against your fingertip to release the needle. Once the needle is released and has made a small puncture in your finger, it will immediately retract and is safe to dispose of.



8 Using your thumb, gently massage the entire length of the pricked finger to form repeated blood drops. As each drop forms, touch the tip of the drop to a circle on the absorbent collection card. Do not touch fingertip to the card.



9 Repeat until blood has soaked to the border of the circle on the absorbent collection card. Continue this procedure for all four circles. Check the back of the card to ensure that the blood has soaked through.

10 If you are unable to get sufficient blood from the first collection, return to step 3. Use a different finger. All four circles must be filled.

11 Use the enclosed plasters as needed.

12 Allow the collection card to air dry for approximately 24 hours. If the card is not completely dry, your sample may be unusable.

13 Place the dried card into the plastic bag and seal it. Put both the plastic bag containing the dried card and the order form into the return addressed envelope and post back to Nordic Laboratories.

If you have any questions, please contact our customer services on Tel. 01580 201 687 or email info@nordic-labs.com