



Blood Collection Kit



blood collection card



lancet



alcohol pad



bandage



gauze pad



pre-paid return envelope

INSTRUCTIONS FOR USE

Read all instructions prior to sample collection.

Contains: **A.** **B.** **C.** **D.** **E.** **F.**

A. sample collection card **C.** bandage **E.** alcohol wipe
B. lancet **D.** gauze pad **F.** return envelope

Warning: Persons with bleeding disorders or taking blood thinners should consult with their physicians prior to using this kit.

IMPORTANT: The Omega-3 Index Test requires 1 blood spot collected in the center circle. Avoid taking omega-3 capsules or eating fish 12 hours before collecting the sample.

USER INSTRUCTIONS:

- 1 Remove all components from the small plastic bag. Locate the collection card with the barcode on the front.
- 2 Register the test kit at omegaquant.com/ **using the barcode on the collection card. You will NOT receive your results unless it is registered.**
- 3 Fill out information requested on the collection card.
- 4 Prepare for fingerprick by improving blood flow by washing your hands in warm water and standing up and shaking your hand at your side.
- 5 Clean the tip of the finger (index, middle, or ring) with the alcohol wipe. Allow alcohol to dry unassisted.
- 6 Twist off the blue protective lancet cover. Place the lancet lightly on the tip of your clean finger and press downward firmly into your finger until a click is heard.
- 7 Wipe away the first show of blood with gauze.
- 8 Gently squeeze the finger to allow a blood drop to form. This can take 15-30 seconds - be patient.
- 9 **Let the blood drop off your finger onto the collection card into the center circle.**
- 10 When the blood spot is collected, apply pressure to the finger with the gauze pad and bandage the prick site.
- 11 Let the blood spot dry with the flap open for several minutes. Fold the flap on the collection card over to cover the dried blood spot.
- 12 Place the sample collection card in the plastic bag and seal the bag. Place this bag in the pre-paid return mail envelope, then mail on the same day.
- 13 Discard the lancet and other supplies in the trash.

Step by step instructions