

## 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

B. lancet

C. bandage

D. gauze pad

E. alcohol wipe

F. return envelope

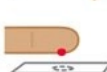
**Warning:** Persons with bleeding disorders or taking blood thinners should consult with their physicians prior to using this kit.

**IMPORTANT:** The Vitamin D Test requires 3 blood spots containing 1 drop of blood each. Collect the blood spots in the center circle and on each side of the circle, using the center circle as a size guide.



### 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/start](http://omegaquant.com/start) 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 Repeat steps 8-9 to collect all 3 blood spots.
- 11 When the blood spot is collected, apply pressure to the finger with the gauze pad and bandage the prick site.
- 12 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.
- 13 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.
- 14 Discard the lancet and other supplies in the trash.



### Step by step instructions