




HOME COLLECTION KIT



1

GET READY!

-  Drink a bottle or glass of water
- Scan the QR Code above for the video tutorial
- Get a pen, open the kit, and go through the checklist below

CHECK YOUR KIT

- 2 Band Aids
- 2 Gauze Pads
- 1 HemaSpot HF
- 2 Lancets
- 2 Alcohol Swabs

PREP YOUR MATERIALS

- Open the silver packet & take out the blue HemaSpot HF device
- Peel open the gauze pad, Band-Aid, and alcohol prep pad

FILL IN LOG SHEET & LABEL HEMASpot



Write **today's date** on the Sample Collection Sheet

Copy the '**study ID**' from the sample collection sheet onto the back of the HemaSpot

2

WASH HANDS & GET READY

Wash hands with **warm water** and soap for 30 seconds & dry completely.

Tip: warm up your hands with a cup of hot water to increase blood flow



Shake your non-dominant hand for 20 seconds. Point fingers towards ground, extend your arm, and keep your hand below your heart.



Massage blood to the tip of the ring finger on your non-dominant hand.

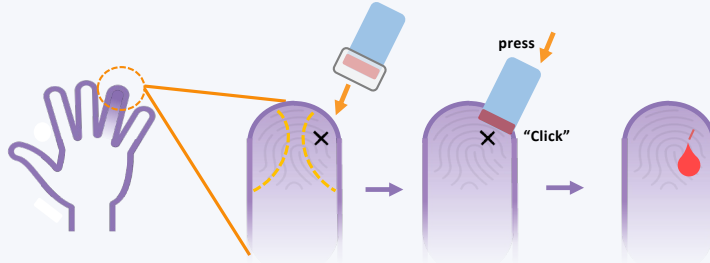




3

PRICK FINGER

- 1 Clean the selected finger using the alcohol prep pad and allow alcohol to dry.
- 2 Put your hand on a stable surface, put the lancet against the finger tip, & press the lancet down firmly until you hear a “click”

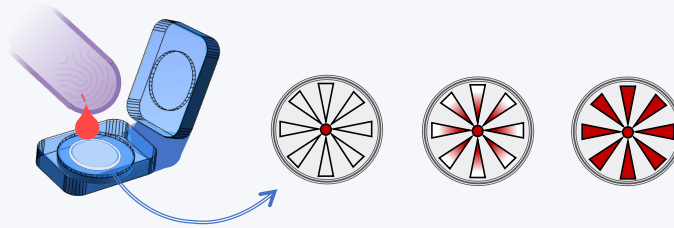


- 3 Wipe away the first drop of blood with gauze.

4

COLLECT SAMPLE

- 1 Keep your arm extended and your hand below your heart
- 2 Push from the base to tip of finger to encourage blood flow
- 3 Add 3 drops of blood into the HemaSpot, or until the blood fills the star.



- 4 Wait 2 minutes for the sample to dry. Wipe extra blood with the gauze and put on a Band-Aid.
- 5 Close the lid and put in the return envelope with the sample collection sheet.



5

SHIP



Drop at a USPS drop box or US Post office.

Get \$10 extra for shipping by the due date

Payment sent once the kit has been received by the lab.