

## Once your collection is complete

24. Press the gauze on your finger until the bleeding has stopped.
25. Allow the collection card to dry for 30 minutes without exposure to **direct** sunlight.

## Mailing instructions

26. Open the Blood Sample Return **foil pouch** at the **notches** marked on the package.
27. Place your dried collection card inside the foil pouch. **DO NOT remove the items from inside the bag foil pouch.** They are required for proper testing. Seal the **foil pouch.**
28. Place the **foil pouch** and the completed Test Requisition form inside the pre-addressed, prepaid return envelope.



29. Mail your specimen by **US Postal Service**. Be sure to mail your sample the same day you collect it. **Samples not returned promptly may not be tested.**
30. Your results should be available online within 7-10 business days, and a paper copy of your results will be mailed to your home in approximately 3 weeks.

*Thank you for completing the collection for your screening.*

## Instructional brochure

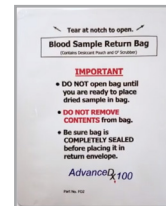
- Enclosed materials can only be used by the person for whom the test was ordered. If anyone else uses the test, it will be deemed invalid and no results will report. The name on the Test Requisition form must match the name of the person for whom the test was ordered.
- Keep others from coming into contact with your blood.
- Keep out of reach of children.
- If you feel faint or dizzy, sit down. If you feel ill, contact your doctor.
- If you do not follow these instructions, you may not get any results.

## To prepare

1. It's best to perform this screening after fasting for 9-12 hours. This is easiest to do first thing in the morning, before you eat or drink anything other than water, and before taking any regular medications.
2. It helps to be hydrated before performing the collection. Drink 1-2 glasses of water the night before, and 1-2 glasses of water at least 30 minutes before you perform your collection.
3. When ready, place contents on a clean, dry surface.



Alcohol prep



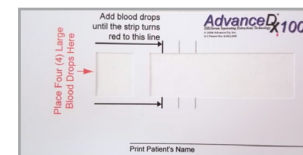
Blood Sample Return Bag



Return mailer envelope



Lancets (2)

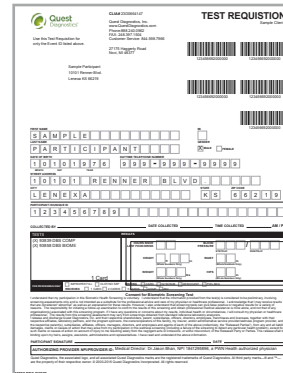


Collection card

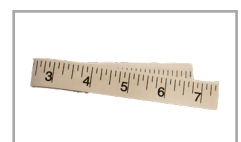


Bandage

Gauze pad



Test Requisition form



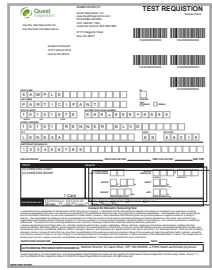
Tape measure

AUTHORIZATION STATEMENT: By mailing your sample, you agree to have your sample tested at clinical laboratory. Your employer will not receive your individual information.

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**Do you have all of these items? If not, call 1.855.623.9355.**

**4. Fill in all required information on Tests Requisition form and sign.**



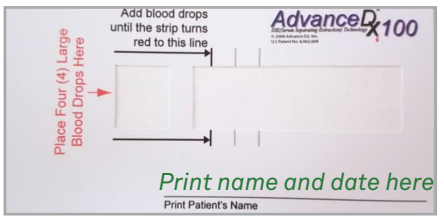
**5. Remove one of the barcode stickers** from the form and place it on the back of your collection card. If more than 1 card is included, please complete this step for each card.



**6. If required, measure hips and/or waist** with the tape measure provided, and write down measurements on the form.

**7. Write in your most recent blood pressure measurement on the form.**

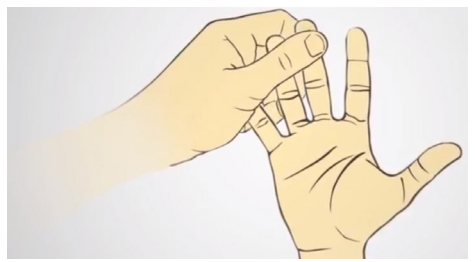
**8. Write your name** and today's date on the collection card.



**To preform the collection**

**9. Remove any rings from fingers and wash your hands** using warm, soapy water. Warm hands improve blood flow. You can leave your hands under the running water until they warm, then dry thoroughly.

**10. Choose a finger.** Select a finger that has no calluses, numbness, or bumps.



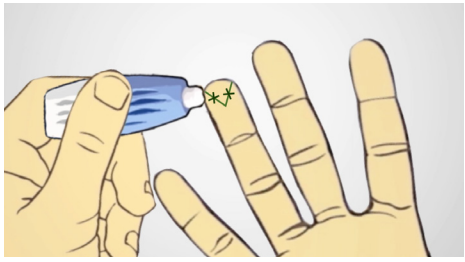
**11. Use the alcohol prep pad** to clean the tip of the finger. Allow finger to air dry.



**12. Remove the cap** of the lancet by gently twisting and pulling.



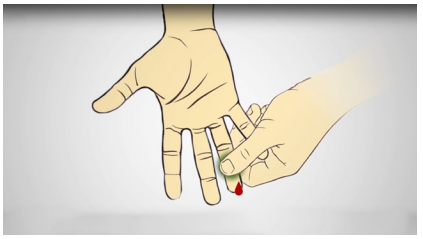
**13. Hold the lancet horizontally** on your fingertip, to the **left or right of the center**. See X's on image for proper placement. Be sure you have proper placement before you apply any pressure.



**14. When ready, press the lancet firmly against your finger** and do not release it until you hear a click.

**15. Important:** each lancet can only be used once. Return the cap and discard the used lancet when complete.

**16. To help blood flow, lightly massage your finger downward, starting from the base and stopping before you reach your finger tip.**

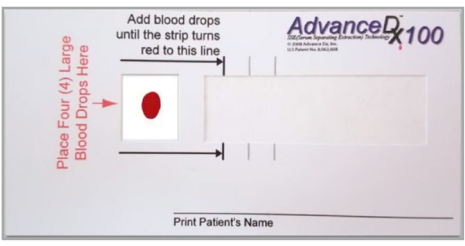


**17. Use gauze** to wipe the first drop of blood away.

**18. Lightly massage your finger again,** starting from the base and stopping before the fingertip, **until the next drop of blood appears.**

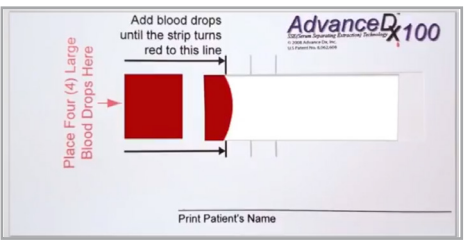
**Important:** When you massage your finger, you must do so gently. Do not squeeze the fingertip. Squeezing too hard can damage blood cells and make collection card unable to be processed.

**19. Let this droplet fall freely into the small square** on your collection card. Do not dab your finger on the card.



**20. Continue to let blood droplets fall freely** into this square until the blood has reached the specified line of the rectangle. This usually takes 4 to 5 large drops of blood. Do not place blood directly within the **large rectangle**, the droplets from the square will be absorbed and will naturally move into the **large rectangle**.

**21. If more than one card was included** in your screening, complete these steps for each card. You may need to use the second lancet and a second finger to complete the additional card.



**22. When filled correctly, your card should look like the above image.**

**23. If you feel you have made an error** in your collection, or if your card looks like any of the follow examples of a poor collection, you can call **1.855.623.9355** for new materials. If your collection card is filled improperly, you may not receive results from your screening.

**Underfill**



**Overfill**



**Hemolyzed (Squeezed to hard)**

