

**IMPORTANT**

PLEASE **REGISTER YOUR KIT** AFTER YOU HAVE COLLECTED YOUR SAMPLE USING THE UNIQUE REFERENCE NUMBER (URN) PROVIDED ON THE UNIQUE REFERENCE NUMBER CARD INSIDE YOUR KIT, AT **KITREGISTRATION.RANDOX.COM**

IF YOU DO NOT REGISTER YOUR KIT BEFORE POSTING YOUR SAMPLE WILL NOT BE PROCESSED BY THE LABORATORY.

THESE STEPS MUST BE FOLLOWED. FAILURE TO DO SO WILL AFFECT THE OUTCOME OF THE TEST.

**TO ENSURE YOUR SAMPLE ARRIVES IN THE LAB ON TIME, PLEASE ONLY TAKE YOUR SAMPLE MONDAY TO THURSDAY AND POST THE SAME DAY.**

**WE RECOMMEND TAKING THE SAMPLE IN THE MORNING AND POSTING BEFORE NOON ON THE SAME DAY. PLEASE AVOID TAKING YOUR SAMPLE ON OR CLOSE TO A PUBLIC HOLIDAY.**

**INTENDED USE**

The Home Blood Sampling Collection Kit is intended for use in the collection and transport of capillary blood samples to be analysed by Randox Laboratories for clinical testing.

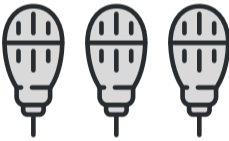



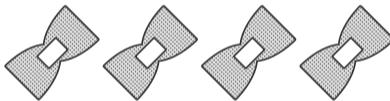

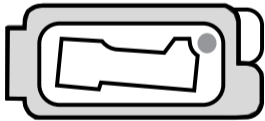



**NOTIFICATION OF RESULTS**

Once your sample has been tested, your results will be emailed to you using the email provided when you registered your kit.

**PRECAUTIONS:**

- Some medication and supplements may impact your test result. Please do not make any changes to your medication without consulting your doctor, particularly if you have any medical conditions.
- If you feel faint at the sight of blood or have problems with blood sampling, ensure that you have someone present with you at the time of taking the test.
- Do not take your blood sample immediately after strenuous physical activity.

**KIT CONTENTS**

 <b>A</b> 3 X LANCETS	 <b>B</b> 1 X BLOOD COLLECTION TUBE	 <b>C</b> 1 X ALCOHOL SWAB	 <b>D</b> 1 X STERILE DRY SWAB	 <b>E</b> 4 X PLASTERS
 <b>F</b> 1 X PATHOSEAL BAG	 <b>G</b> 1 X CLAMSHELL	 <b>H</b> 1 X LARGE UN3373 RETURN ENVELOPE	 <b>I</b> 1 X UNIQUE REFERENCE NUMBER (URN) CARD	 <b>J</b> 1 X CHECKLIST

FORM NO. 13890-GP REVISION (2) 

CAT. NO.: EV4460  
GTIN: 05055273217254

**Home Blood Sampling Collection Kit**



**WARNING**

- Follow directions for use
- Keep out of reach of children
- You must be over the age of 18 years to use this kit
- Some bruising and tenderness may occur at puncture site. If concerned please consult your doctor. There is a small chance that lancet usage may cause pain, nerve damage, scarring of the skin, bone damage or infection
- Contains sharps. Dispose of used/unused lancets in household waste or as per your local government guidelines

**DO NOT USE THIS TEST IF:**

- You are at an increased risk of fainting/loss of consciousness due to blood sample collection, including if you have an arrhythmia, history of vasovagal syncope or fear of blood.
- You have a bleeding disorder, or are taking medication that increases the risk of bleeding (but not limited to) untreated haemophilia or use of blood thinning medications.
- You have impaired lymphatic circulation in both upper limbs - the sample should be taken from a limb without impaired lymphatic drainage.
- You have a skin disorder or condition that may result in poor healing, an increased risk of infection or skin ulceration - including (but not limited to) Raynaud's, Scleroderma, peripheral vascular disease or peripheral neuropathy.

## STEP 1 - BEFORE YOU START



1 Read the instructions in full before you start. Allow at least 30 minutes to complete the full process.



2 Scan here to watch the instructional video or visit:  
<https://www.randoxhealth.com/home-blood-sampling-collection-kit-help>



3 To ensure your sample arrives in the lab on time, please only take your sample Monday to Thursday and post the same day. We recommend taking the sample in the morning and posting before noon on the same day. Please avoid taking your sample on or close to a public holiday.

MON	TUES	WED	THURS	FRI	SAT	SUN
✓	✓	✓	✓	X	X	X



4 Please fast for a minimum of 6 hours prior to collecting your sample. This includes all food and drink such as tea, coffee and juice. Please avoid chewing gum and/or smoking. You should drink water to keep hydrated.

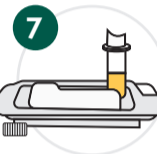


5 Drink 2 large glasses of water 30 minutes prior to sample collection.



6 Place all contents of the kit on a clean surface and choose which finger to collect your sample from. Tip: the middle and ring finger of your non-dominant hand usually work best.

## STEP 2 - PREPARATION



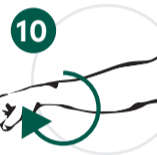
7 Open the blood collection tube (B) by twisting off the lid and stand the tube upright into the space on the clamshell (G).



8 Wash your hands with soap and warm water.



9 Soak your preferred hand in a bowl or sink of warm water for 2-3 minutes.



10 The sample is best taken standing up. Swing your preferred arm around in a circle 5 to 10 times, fully extended if possible, to stimulate blood flow.



11 Wipe the chosen finger with the alcohol swab (C) provided. Ensure your finger is completely dry (blood will not form a drop on a moist finger).



12 Take a lancet (A) and rotate the protective cover once before carefully removing the protective cover. Do not use a lancet with a loose or missing protective cover.

## STEP 3 - SAMPLE COLLECTION



13 Remain standing and place your hand palm up on a hard surface. Place the lancet diagonally on the tip of your chosen finger. Only use the side of the fingertip for less discomfort. Press the lancet firmly against the finger until the lancet releases.



14 Wipe away the first drop of blood with a sterile dry swab (D). Continue to stand and holding your arm downwards, gently massage your finger from the palm of your hand towards your fingertip until a drop forms.



15 Let the blood drop fall into the centre of the blood collection tube. Continue to hold your arm down and gently massage your finger from the palm towards the puncture. If it takes more than 2 minutes to fill the tube, rewarm your hand in water and do some light exercise before selecting a new finger and completing steps 14-16 with a new lancet.



16 Fill the blood collection tube to the upper line nearest to the top of the tube. Insufficient sample will void your test. Once filled, replace the cap by pressing firmly until you hear it click.



17 Apply pressure to the finger with the sterile dry swab to stop the bleeding, wash hands and apply a plaster (E).



18 Gently invert the tube at least 10 times but do not shake.

## STEP 4 - PACKAGE



19 Place the blood collection tube into the clamshell and seal.



20 Place the clamshell into the pathoseal bag (F) and seal the pathoseal bag by removing the metallic silver strip. Ensure the blue adhesive strips make a tight seal of the bag.



21 Insert the sealed pathoseal bag into the box provided and place the box into the large UN3373 return envelope (H). Seal the UN3373 return envelope by removing the metallic silver strip.

## STEP 5 - RETURN INSTRUCTIONS



22 Scan here to register your kit or visit:  
[kitregistration.randox.com](http://kitregistration.randox.com)

23

Return your sample using the pre-paid return envelope provided, via a **Royal Mail post box**.

Samples should be posted before noon on the same day you collect your sample.

## FINAL CHECK

- I have registered my sample online: [kitregistration.randox.com](http://kitregistration.randox.com)
- I have retained a copy of my unique reference number

EC REP

Randox Teoranta, Meenmore, Dungloe, Donegal, F94 TV06, Ireland  
Randox Laboratories Ltd., 55 Diamond Road, Crumlin, County Antrim, BT29 4QY, Northern Ireland

CE

FORM NO. 13890-GP  
REVISION (2)