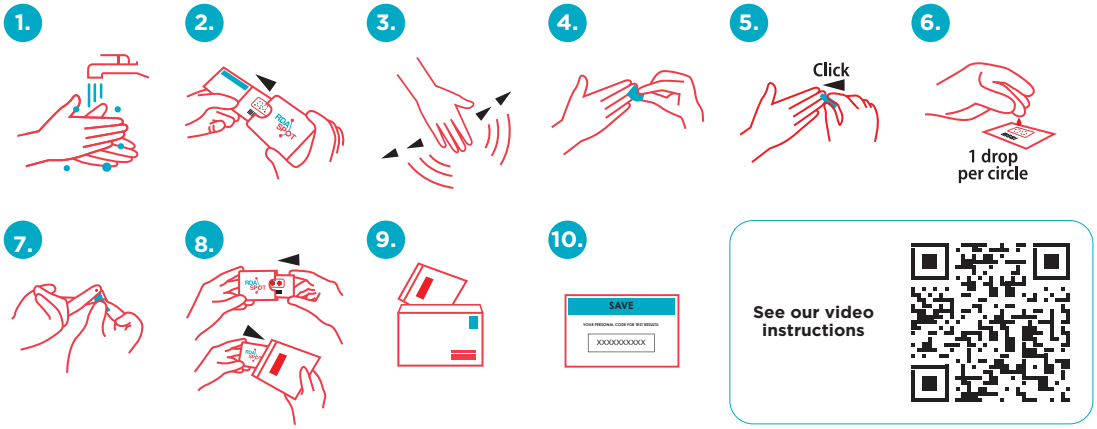
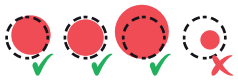
INSTRUCTION



Acceptable blood spots



1. **Wash hands with soap in warm water and dry them.**

2. **Remove the card from the card's sleeve. Tear off the "SAVE" part of the card and keep it for your test results.**

3. **Stimulate blood flow by waving your hand down for ~20 seconds.**

4. **Wipe the middle finger with alcohol wipe and let it air dry.**

5. **Prick tip of the middle finger with lancet*.**
- Remove the transparent safety cap of the lancet.
- Place the smaller end of the lancet against the side of the middle finger tip. Press the lancet firmly into the finger until you hear a click**.

* Do not share sterile lancets with other people. Always use a new sterile lancet. Lancets are for single use only.

** It is very important to safely discard the used lancet after each use in order to avoid accidental injury by lancet. Be sure to follow the requirements of local legislation for proper disposal.

6. **Drip one large blood drop in each circle.** Squeeze the finger lightly and allow a large hanging blood drop to form.
Be patient! Place the hanging droplet above the circle on the specimen area. Let the drop, but not the finger, come in contact with the paper. Repeat procedure placing single drops in all circles.
Do not touch the specimen area of the card!

7. **Attach the band-aid.**

Write the date of sampling on the card.

8. **Place the card into the card's sleeve and let dry for 3 hours. Then place the sleeve with the card into aluminium foil bag and close it tightly.**
Do NOT remove drying agent inside the aluminium foil bag!

9. **Place the aluminium foil bag into the paper envelope***.**
*** The sender's address should not be indicated on the outer envelope in order to preserve your confidentiality.

Post it immediately, at the latest on the following day.

10. **Check your results with your unique code, which is on the tear-off flap of the card, following the additional instructions of the seller.**