

Important

This service:

- is not suitable for individuals under 18 years of age.
- is not to be used for diagnosis or clinical management.
- may not be suitable for certain individuals; to see if this service is suitable for you, or for more information, please refer to the MonitorYou website.

Individuals with a disability may require assistance with sample collection.

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 **TRAJAN** Trajan Scientific and Medical

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 www.monitoryou.com/sample-collection

    Contains one or more sterile devices.

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Part number MN-1332-G_RevC*

Instructions for Use

The Dried Blood Spot Collection Kit is a single use device intended to be used by a layperson at home, or by a healthcare professional, to assist in the collection, transport and storage of blood samples using the contents of this kit.

www.monitoryou.com



MonitorYou[®]
by 

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Before you start



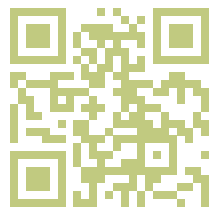
Tips for taking a dried blood spot



If you are having trouble with blood flow



1. Check the kit contents:
 - **Foil bag containing:**
 - Dried blood spot collection card in vacuum pouch
 - Desiccant sachet
 - Small card envelope
 - 3 Sterile safety lancets
 - 3 Bandage strips
 - Alcohol pad
 - Gauze pad
2. For the best results, carefully read through these instructions before use and when ready, follow them in a step-by-step manner.
3. Watch the instructional video at: www.monitoryou.com/sample-collection
4. Wash your hands under warm water for a minimum of 30 seconds and then dry.



Good circulation

- Make sure your hands are warm, if not, run hands under warm water, rub hands together or shake them up and down.
- Do some gentle exercise to get the blood flowing.

Use the lancet in the right spot

- The best sample is often taken from the tip of the ring or middle finger (end of the finger in the centre).

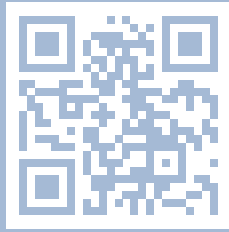
1. Reposition your hands below the level of your heart; stand up but leave the blood collection card on the table.
2. Gently massage the finger while placing pressure on the fingernail - be patient.
3. Don't be afraid to use the second lancet on another finger. Often the blood flow will be a lot better from another site.

Carefully read through all of these instructions before use.

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- Watch the video: www.monitoryou.com/sample-collection

- Wash your hands under warm water for a minimum of 30 seconds and then dry.



- Pull open foil bag (do not tear or cut) and remove the blood collection card (do not remove desiccant). **Reseal and retain the foil bag for later.**

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- Open the vacuum pack by tearing at notch provided, remove and place the blood collection card on a clean, dry surface.

On the blood collection card, write the **DATE, DOB** and **FULL NAME** of the person providing the sample in the spaces provided.



- Complete the Service Request Form in **BLOCK LETTERS**.

Take note of the number of blood spots required to perform your analysis.

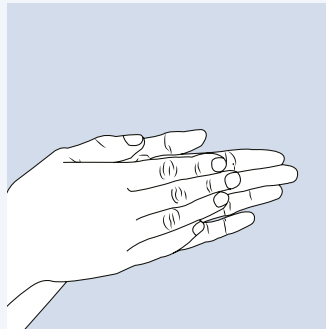


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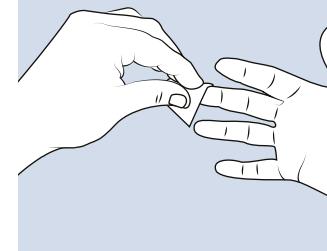
It is extremely important that your hands are warm to help stimulate blood flow.

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- Warm hands by either, holding them under running warm water, doing some gentle exercise or rubbing your hands together.

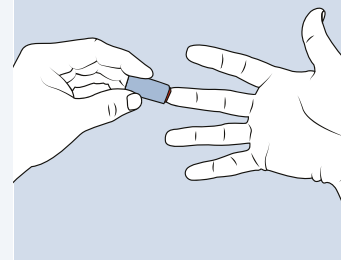
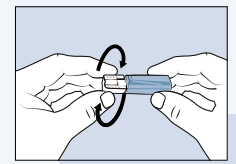


- Open the packaging for the alcohol pad, gauze pad and bandage strip.
- Select the finger you wish to take your sample from.
- Clean this finger with the alcohol pad.



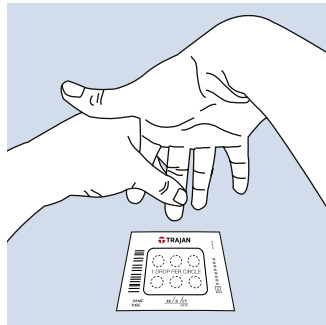
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- Carefully **TURN** the white cap of the lancet until the cap easily detaches. **DO NOT PULL** the cap or you may break the lancet.
- Place the lancet against the finger and push firmly until the lancet activates.



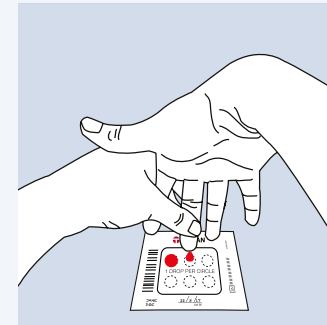
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- Wipe away the first drop of blood with the gauze pad.
- Hold your finger over the blood collection card in a vertical position, using your other hand as support.



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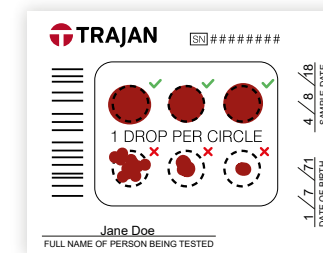
- Apply pressure to the finger tip and nail.
- **Allow a large drop of blood to form** (enough to almost fall off the finger - be patient!).
- Touch the blood to the card **but do not touch the card with your finger**.



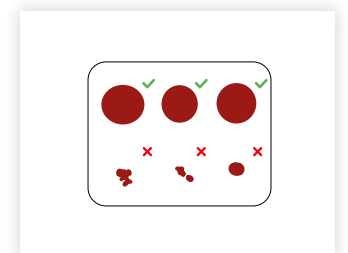
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- Place only **one drop** of blood in each circle, **making sure the entire circle is filled with blood**.

FRONT OF CARD



BACK OF CARD

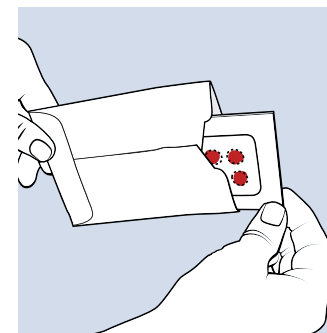


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- If you're not able to fill an entire circle with one drop of blood, try standing up and massaging your finger and **try again on a new circle**.
- If you accidentally touch the card with your finger, **try again on a new circle**.
- If you accidentally get more than one drop of blood in the same circle, **try again on a new circle**.

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- Repeat steps 8-10 to fill the required amount of circles.
- Clean your finger with the alcohol pad and place the bandage strip on your finger.
- Place the blood collection card immediately into the small card envelope.



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- Allow to dry for **3 hours**, away from direct sunlight and heat sources.
- Place small card envelope (with blood collection card inside) into foil bag with desiccant and **seal securely**.
- Place foil bag and Service Request Form into the reply paid envelope.
- Dispose of used lancets by placing in a puncture-resistant plastic container with a screw top.
- Used kit components can be placed in a plastic bag and disposed of in your household garbage bin.
- Complete the checklist on the back of the reply paid envelope then seal.
- **Mail the reply paid envelope within 24 hours or your sample may be too old to process.**

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