

01

PREPARE

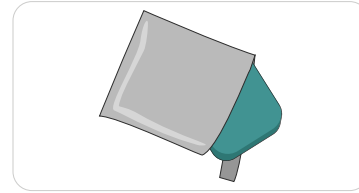
Tip

1. Read the tips on the other side before you start.
2. Fast at least 8 hours, if you have cortisol in your test perform at 8am.
3. Ensure you are well hydrated.



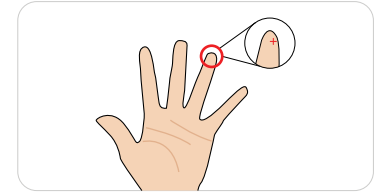
Set Up

1. Only open the pouch when you are ready. It must be used within 30 minutes of opening.
2. Soak your non-dominant in warm water for 1-2 minutes. Dry it well. It's important your hands are warm.



Select Finger

1. Wipe the little finger of your non-dominant hand with the alcohol swab and let it dry.
2. The best place to use the lancet is on the outer centre of your fingertip.

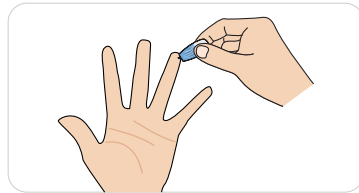


02

SAMPLE

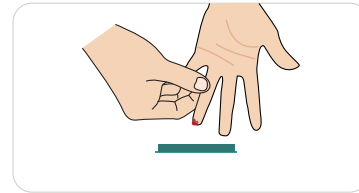
Use The Lancet

1. Twist off the lancet top. Don't worry, you won't see a needle.
2. Stand up and press the lancet firmly down on your finger.
3. Wipe away the first drop of blood with a clean tissue.



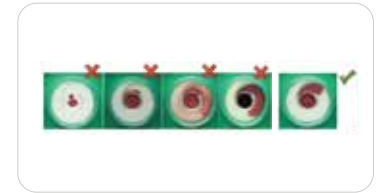
Massage Hand

1. Massage down your hand firmly, starting from the palm all the way to the end of your finger making sure not to squeeze on the piercing.
2. If the flow stops at any time, you will need to redo with a spare lancet.



Fill Collection Device

1. Apply 4 large drops continuously in the center of the clear cover applicator. Do NOT STOP and wait between drops.
2. If blood flow stops, you will need to re-pierce with the spare lancet.
3. After applying 4 drops, wait 3 minutes for blood drops to soak into the white membrane.

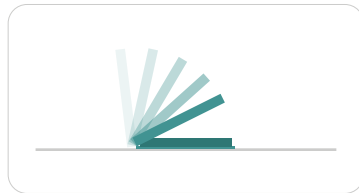


03

SEND

Label and Post

1. After 4 drops are absorbed, close the device firmly by folding over the top.
2. Make sure the latches are secure. Lay on flat surface.
3. Your sample can stay at room temperature before being mailed back to the lab within 24 hours time.
4. Ensure everything is filled out properly and take a photo of the UPC label for your records.



You can watch the collection instruction video:
<https://www.labme.ai/sample-collection/>



or scan this QR Code

**SAMPLE MUST BE MAILED WITHIN
24 HOURS OF COLLECTION**

Checklist

- Verify all information is correct on the Test Requisition Form, sign and date where indicated. The Laboratory will **NOT** process your sample without the date of collection and your signature.
- Verify blood collection device is closed securely and barcode is affixed on top.

Seal envelope and drop in any US Mailbox. We will notify you when you results are ready. You can log into your dashboard at <https://dashboard.labme.ai>.

for assistance please contact support@labme.ai