




INVITE-Home

# HOME COLLECTION INSTRUCTIONS



## GET READY!

-  Drink a bottle or glass of water
- Scan the QR Code above for the video tutorial
- Get a pen, open the kit, and go through the checklist below

## CHECK YOUR KIT

- 2 Band Aids     2 Gauze Pads     1 HemaSpot HF
- 2 Lancets     2 Alcohol Swabs

## PREP YOUR MATERIALS

- Open the silver packet & take out the blue HemaSpot HF device
- Peel open the gauze pad, Band-Aid, and alcohol prep pad

## FILL IN LOG SHEET & LABEL HEMASPOT



Write **today's date** on the Sample Collection Sheet

Copy the '**study ID**' from the sample collection sheet onto the back of the HemaSpot

## WASH HANDS & GET READY

**Wash hands** with **warm water** and soap for 30 seconds & dry completely.

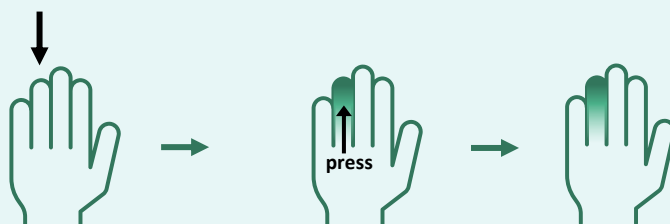
**Tip:** warm up your hands with a cup of hot water to increase blood flow



**Shake** your non-dominant hand for 20 seconds. Point fingers towards ground, extend your arm, and keep your hand below your heart.



**Massage blood to the tip** of the ring finger on your non-dominant hand.



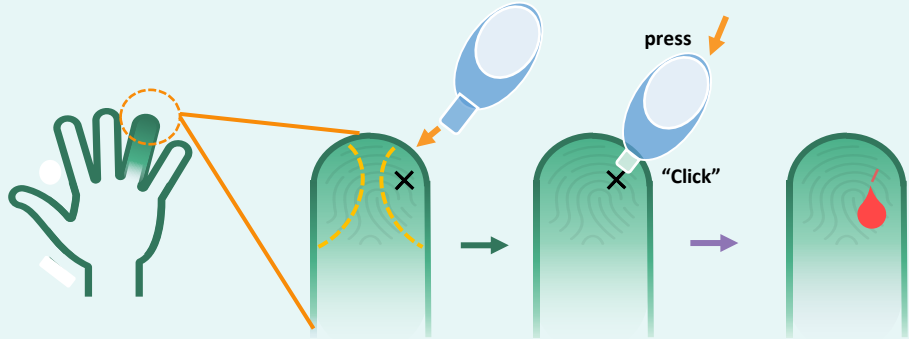
# 1

# 2

# 3

## PRICK FINGER

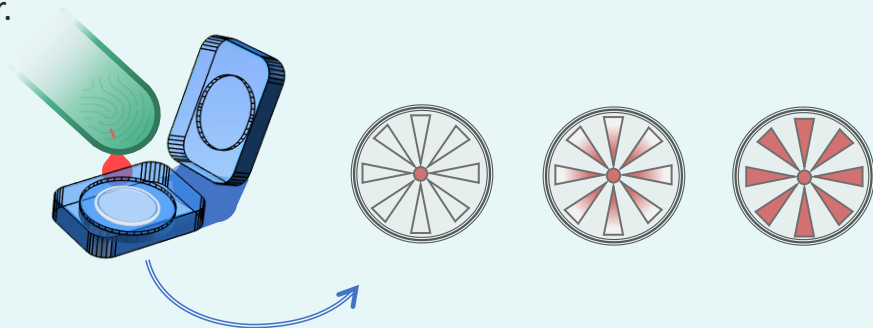
- 1 Clean the selected finger using the alcohol prep pad and allow alcohol to dry.
- 2 Put your hand on a stable surface, put the lancet against the finger tip, & press the lancet down firmly until you hear a “click”



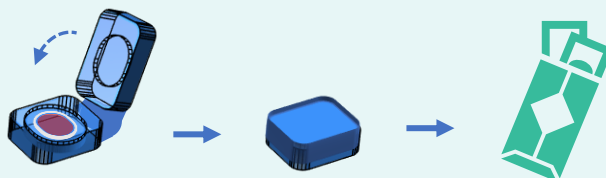
- 3 **Wipe away the first drop of blood** with gauze.

## COLLECT SAMPLE

- 1 Keep your arm extended and your hand below your heart
- 2 Push from the base to tip of finger to encourage blood flow
- 3 Add 3 drops of blood into the HemaSpot, or until the blood fills the star.



- 4 Wait 2 minutes for the sample to dry. Wipe extra blood with the gauze and put on a Band-Aid.
- 4 **Blood must fill half or more the star for the lab to process it. Let the study clinician know if you're having trouble getting enough blood.**
- 5 Close the lid and put in the return envelope with the sample collection sheet.



## SHIP



Drop it at a USPS drop box or US Post Office, and take a photo of yourself putting it in the box.

**Payment sent once you have sent the photo or we receive confirmation from the lab that it has been received (whichever comes first).**

A BIG thanks for collecting your kit  
we appreciate it!!!

