

STEP 1: MATERIALS CHECKLIST

Blood Collection Supplies



Shipping Supplies



STEP 2: FILL-OUT REGISTRATION CARD

STEP 3: BLOOD SAMPLE COLLECTION

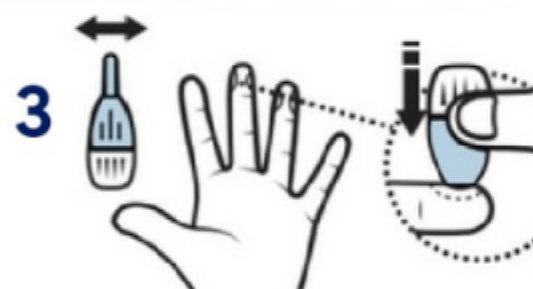
READ ALL STEPS CAREFULLY



1 Wash hands in very warm water. Vigorously shake hands. Massage selected hand. Vigorously rub the selected finger stick area. Let your hand hang at your side and shake it back and forth for 15-20 seconds.



2 Select Finger: Wipe the middle and the ring finger of your non-dominant hand with alcohol, wipe, then wait for 30 seconds.



3 Twist and pull the blue lancet cap straight out. Position the safety lancet off-center against the tip of your middle or ring finger. Then firmly press the safety lancet against your finger to activate.



4 Gently apply intermittent pressure along finger to the puncture site. Keep hand below heart level to promote better blood flow. Strong repetitive pressure (milking) must be avoided.



5 Wipe away the first drop of blood with a clean dry gauze.



6 Position the BD Microtainer directly beneath the puncture site. Apply gentle pressure along finger to help ensure continuous blood flow. Ensure that the tube is not scraped over the puncture site. Fill the tube to the required blood level indicated on the tube.



7 Close the tube by twisting the cap back, you should hear a click when the cap is properly secured. Then, gently invert the Microtainer 5 to 10 times.



8 Use gauze to clean your finger, apply pressure to ensure the site is no longer bleeding. Then apply band-aid to finger when finished.

STEP 4: PACK SAMPLES

Legibly print your full name, date of birth on the patient label attached to the microtainer.

Place the microtainer tube inside the biohazard specimen bag and seal.

Place the original mailer box inside the mailing envelope and ensure the return label is adhered to the mailing envelope.

STEP 5: SHIPPING SAMPLE

Simply drop your sealed and packaged test in your mailbox, or take to your nearest USPS.

IF YOU NEED HELP contact us: consult@minutemd.com

STEP 6: RESULT

Within 72 HOURS after receiving your specimen, a link will be sent to your registered email or phone. Use the link to check your result.