



Allow sample to air-dry completely. Prop the card up and let the sample to air-dry for at least 3 hours. Keep specimen away from moisture and sunlight.



Once fully dried, tuck the cover into flap as indicated and place the sample into the specimen transport bag.

Ensure that all sections of your original NutriPATH request form issued by the practitioner is correct. This includes (patient name, address, date of birth and credit card details). Once verified, place the request form in the open compartment of the specimen transport bag.

Complete the 'NutriPATH Patient Checklist Form' to avoid any delays.

Place the request form and the sample in the biohazard transport bag and then into the provided reply paid envelope and post back to NutriPATH as soon as possible.



*Thank you for your request, Results will be forwarded to your referring practitioner between 7 to 14 working days on the analyses requested*

# MICROSAMPLE BLOOD SPOT Collection Instructions

## COLLECTION REQUIREMENTS

If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service on 1300 688 522 who will clearly explain the procedure.

**Before proceeding, please check the following guidelines.**

Without taking these precautions your results may be inaccurate or may result in a possible recollection.

### *IMPORTANT NOTES:*

- **It is recommended that you fast for 8-10 hours prior to collection.**
- **If this is a hormone collection, collect on day 21 of your menstrual cycle.**
- **If you do not have a cycle then collect on any day.**
- **Ensure that you are adequately hydrated with water ONLY.**
- **Read instructions carefully prior to sample collection.**
- **Complete the patient questionnaire form provided.**
- **Note down if you are taking any medication or supplementation.**

*If you are under the care of a health care practitioner, testing should be professionally requested and interpreted. Patient self-request tests are not intended for the purpose of diagnosing illness or disease, but for monitoring of dietary and lifestyle changes.*

PO Box 442, Ashburton, VIC, 3147

# MICROSAMPLE

If you are under the care of a health care practitioner, testing should be professionally requested and interpreted. Patient self-request tests are not intended for the purpose of diagnosing illness or disease, but for monitoring of dietary and lifestyle changes.

## KIT CONTENTS

Check contents of kit. If items are missing OR you have any questions regarding this kit, please contact Customer Service on 1300 688522.

- 1 x Sterile alcohol wipe
- 2 x Lancets (*single use only*)
- 1 x Collection Card
- 1 x Collection instructions
- 1 x Request form
- 1 x Padded post envelope
- 1 x Specimen transport bag
- 1 x Band-Aid

## SPECIMEN COLLECTION



Pull the collection card out of the specimen transport bag. **On the front of the blood spot collection card** Print in **BLOCK LETTERS** first/surname, date of birth and the date of collection. Ensure that these details are identical to the request form issued by your practitioner.

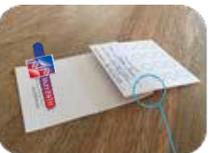
Unlabeled cards will be rejected.



Unfold the cover to expose the blood collection pad. (*Hold the card without touching the collection circles on the pad.*)



Continue the fold as you peel away from the back of the blood collection pad, exposing the back of the blood collection pad.



**Make a fold as indicated in the image on the left.**

It is important that the blood is not in contact with the cover. **Tip:** Taping the outer cover to the edge of the table top may help stabilize the Blood Collection Card.

# COLLECTION KIT

Wash hands thoroughly with soap and warm water then dry your hands. Use the provided alcohol wipe to clean the tip of the finger.



Twist off the tab to break seal on lancet as illustrated in the diagram. (Please note the lancet is a one of use only)



Position lancet against the inside tip of the nominated finger. To ensure a good puncture is performed, **Press down firmly on the puncture site** and **click the button** until an audible click is heard.



Gently press the pricked finger from below the puncture site to allow for a large drop of blood to form.



**Important:**  
Wipe away the first drop of blood with the provided alcohol wipe).

Apply a hanging drop of blood within each circle on the Blood Spot Collection Card.



Once you have collected your blood spot card the card should look like the image below labelled as **“valid specimen”**. If the sample is collected and looks like an **“Invalid specimen”** a rejection may occur.



Continue over page.....