



BEFORE YOU GET STARTED

Please do **not** stick the label onto the collection tube until after collecting your sample to ensure the volume of blood collected is visible when taking the test. As well as the contents illustrated below, you will also require a clean tissue. Please post your sample on the same day that you take it.


Sample collection pack contents:




Alcohol swab
(+2 spare)



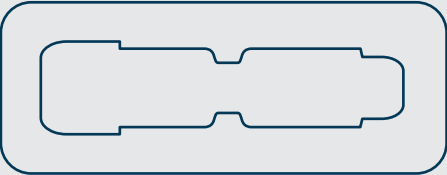
Lancet
(+2 spare)




Sample label



Collection tube



Protective packaging





Plaster x3

IMPORTANT: The lancet activates on contact when positioned and pressed against the skin. Lancets are for single use only.

CHECKLIST

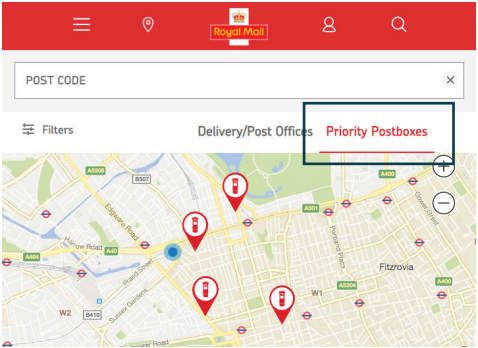
Before you return your sample, please ensure you have enclosed the following items in the post-paid mailer.

-  Labelled blood collection tube in protective packing
-  All lancets (used and unused)

RETURNING THE SAMPLES

Please return your sample immediately to any of the Priority Postboxes that can be found on the Royal Mail app or website: www.royalmail.com

Please do not post your sample over the counter at the Post Office. Please place it into the postbox. No stamp is required.



For any assistance, please contact iQ Doctor.
Email: help@iqdoctor.co.uk

For the intended use statement
please refer to www.t4g.uk/ifu



BLOOD SAMPLE COLLECTION INSTRUCTIONS

Please read these instructions first and ensure you understand them thoroughly before collecting your sample. This collection kit may only be used by the person named on the front of the box.

Product REF: CS1-ROAB-ACMA
Document: IFU-CS1-ROAB-ACMA-1.0



Taking your sample: For the best chance of success, please take some time to read the instructions on both sides carefully.

1 Before taking your sample, please activate your kit by signing in to your account at www.iqdoctor.co.uk. Once signed in, navigate to 'Dashboard' and click on the 'Register Product' button located under your order. You will need the sample ID that can be found on the label enclosed within this test kit.

Where to find your Sample ID


ID: 101a-0785-1001

SKU: CSI-ROAD-ACTA

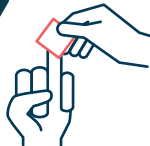
DD	MM	YYYY	D.O.B
HH	MM	DDMM	Time/Date

2 Remove the lid from the collection tube. Your protective packaging acts as a stand - you can insert the collection tube into the groove as shown below. Unwrap your plaster so it is ready to use. You are now ready to take the sample. Make sure you are standing up for the entire process as this will aid blood flow.

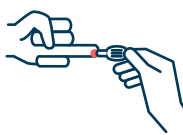



3  We recommend using the outer-edge of the ring finger of your non-dominant hand to collect the sample.

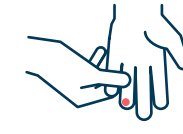
4  Wash your hands with warm soapy water. To make the sample easier to collect, soak your hands in warm water for two minutes. **Dry your hands thoroughly with a clean towel.**

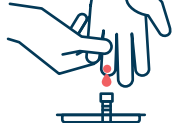
5  Clean your ring finger using the alcohol swab, and dry with a clean tissue. **Ensure your finger is dry as blood will not form a droplet at the puncture site of a moist finger.**

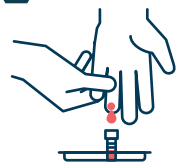
6  Opening the lancet, twist and remove the blue stick. The lancet is now ready to use.

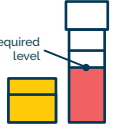
7  Stand up when collecting your blood sample. Position the lancet at the side of your ring finger. The lancet will activate when pressed firmly against the skin.

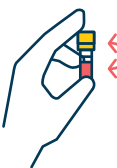
8  Activating the lancet will puncture the skin, and a small drop of blood will form. **Wipe this first drop away using a clean tissue.**


9  Gently massage your hand in a downwards motion every 3-4 seconds. Start at your palm and work down to your finger. **Do not squeeze the piercing itself as you might ruin your sample.**


10  Continue to massage your ring finger, whilst carefully guiding the blood drops into the collection tube.


11  If you cannot collect enough blood, try wiping your finger with a dry tissue, pause for 5-10 seconds, and wait for drops to form before resuming collection. Alternatively, use the spare lancet on the ring finger of your other hand.


12  Fill the collection tube to the required level - as shown here. Once the collection tube is sufficiently full, stop collecting, and apply the plaster to your finger to stop the bleeding.

13  Use a tissue to wipe any excess blood from the rim of the tube. Place the lid firmly on the collection tube until an audible click is heard to confirm closure. **With the cap firmly in place, gently invert the tube 5 - 10 times.**

14  Complete the boxes on the sample label where indicated using a ballpoint pen. Please write clearly.


15  Lay the collection tube in the centre of the adhesive side of the label.

16  Bring the two loose ends of the label together and attach the sticky sides to each other.

17  Coil the loose flap of the label around the tube and insert into the protective packaging provided.

18  Place the collection tube in the protective packaging - as shown. Ensure the packaging is securely sealed, and the label is not interfering with the packaging seal in any way.

19  Place the secured protective packaging into the post-paid mailer along with the lancets (used and unused). Please ensure you have read the checklist on the reverse of these instructions before posting.

20  **Your results** You will be sent a link to your registered email address with the results once the lab has performed the test.

Tips for sample collection

To help increase blood flow you should:

- Make sure you are well hydrated
- Stand up for the entire process
- Soak your non-dominant hand in warm water for two minutes before taking the sample