Blood Sample
Collection Kit Instructions

zinacare
YOURS IN HOME HEALTH TESTING

What's in the box:

Please read these instructions carefully before collecting your sample.
Before you start, make sure you have received the following items:



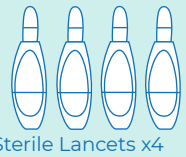
Alcohol Swabs x2
Adhesive bandages x2
Gauze Pack x1



Biohazard Bag



Test Box



Sterile Lancets x4



Blood Collection Tube



Return Envelope

Zinacare Checklist:

Before you return the test, please ensure you have completed the following steps:

1. Collect your sample following the instructions. Close the sample tube by screwing the lid tightly. Seal the sample tube in the biohazard bag.
2. Place the biohazard bag in the test box and return immediately using the UPS shipping return envelope provided.

If you have any questions about your test, you can contact our customer **support on 081 845 9199**

DO NOT USE THIS DEVICE IF:

You are at an increased risk of fainting / loss of consciousness due to blood sample collection, including if you have an arrhythmia, history of vasovagal syncope (fainting) or fear of blood.

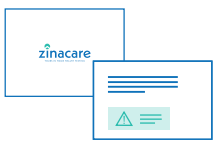
You have a bleeding disorder, or are taking medication that increases the risk of bleeding including (but not limited to) untreated haemophilia or use of blood thinning medications.

You have impaired lymphatic circulation in both upper limbs - the sample should be collected from a limb without impaired lymphatic drainage.

You have a skin disorder or condition that may result in poor healing, an increased risk of infection or skin ulceration - including (but not limited to) Raynaud's. Scleroderma, peripheral vascular disease or peripheral neuropathy.

Blood Sample Collection Kit Step-By-Step Instructions.

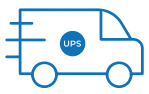
1



Step 1: Check online for when to collect your sample

Read all instructions, including the warnings.
Collect your sample in the morning Monday - Friday and return on the same day. **Please visit our website and select your kit to review the "When to Test" section for more information on when to collect your sample.**

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Step 2: Arrange a UPS pickup

Please contact UPS to arrange pickup before you collect your sample. Follow the instructions on the return card in your test kit. You should collect your sample on the same day as the pickup is scheduled.
Do not collect your sample on a Saturday or Sunday as shipping services do not operate on the weekends.

3



Step 3: Complete the details on the label

It is important to fill in the label located on the biohazard bag with the date of collection and your date of birth and sex. This is essential for the lab to process your sample. Please do not remove any labels from the kit components as they are required for sample identification.

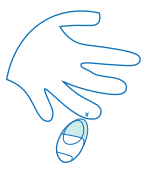
4



Step 4: Prepare for your sample collection and wash your hands

Collecting your sample after a shower or running your hands under warm water is helpful as heat improves blood flow. Ensure you are well hydrated when collecting your sample. Nails that are too long can make it more difficult to collect a sample. Wash your hands in warm, soapy water and dry thoroughly.

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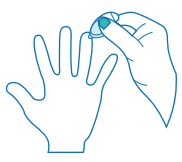


Step 5: Prepare the lancet

Take a lancet and twist and remove the thin tab. The lancet is now ready to use. Clean your finger with the alcohol swab provided and allow your finger to dry.

Please ensure you are seated when collecting your sample.

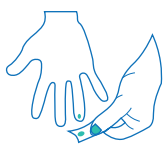
6



Step 6: Position the lancet on your finger and press down firmly

Position the lancet on your fingertip, as shown in the image.
Press down firmly until you hear a click.

7



Step 7: Wipe away the first drop of blood

After piercing the skin, a small drop of blood will form.
Wipe away the first drop of blood with the gauze provided.
Ensure your hand and arm are angled downwards.

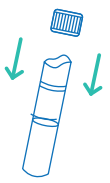
8



Step 8: Collect your sample in the blood collection tube

Lightly tap the droplets of blood against the inside of the blood collection tube. It must be filled to the top line marked on the side of the tube. Do not squeeze your fingertip whilst collecting your sample. An under-filled blood collection tube will not be accepted by the laboratory.
Note: If the blood flow stops, you will need to use the same finger on your opposite hand, or your middle finger.

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Step 9: Firmly seal the blood collection tube

Once you have finished collecting your sample, replace the lid on the blood collection tube and press down firmly until you hear a click.

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Step 10: Mix your sample

Turn the tube upside down ten times to mix the sample.
Ensure you do this.
This is vital to ensure the sample is preserved for laboratory analysis.

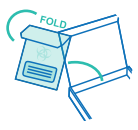
11



Step 11: Seal the sample sample in the biohazard bag

Place the blood collection tube into the biohazard bag.
Do not remove the white pad from the biohazard bag.
To seal the biohazard bag, remove the plastic strip and fold down the flap.

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Step 12: Place the biohazard bag into the kit box

Place the biohazard bag back into the Zinacare kit box.
Ensure you have folded the biohazard bag flap to seal it.

Ensure you have completed the label which is located on the biohazard bag.

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Step 13: Return the sample

Place the kit box in the return envelope provided.
Send the kit back on the same day with UPS.
Visit **wwwapps.ups.com/pickup/schedule?loc=en_ZA** or call **080 742 587** to schedule a pickup. Follow the instructions on the return card in your test kit. Remember, do not collect or return your sample on a Saturday or Sunday as shipping services are not operating

Purpose / Intended use of device:

The **Zinacare Blood Sample Collection Kit i**s a diagnostic medical device specifically intended for the primary containment and preservation of blood samples, for the purpose of diagnostic examination by our partner accredited laboratory.

Zinacare (Pty) Ltd
90 Bekker Road,
Hertford Office Park,
Vorna Valley,
Midrand,
1686

Do not use if the kit or any items included within it, are damaged/faulty or if any items are absent from the kit.

Storage temperature: 15°C - 25°C.

LOT See outside of kit box for lot number.

See outside of kit box for expiry date.

Consult instructions for use.

Do not re-use.

18+ You must be aged 18 or over to use this product.

PLEASE READ:

CAUTION: You should collect this sample yourself.

Failing to follow the recommendations relating to how to collect your sample may increase the possibility of inaccurate results.

Some medication and supplements may impact your test result. Please do not make any changes to your medication without consulting your doctor. If you are collecting a sample for a test that requires fasting, please consult with your doctor, particularly if you have any medical conditions.

Use only the components included in this single use kit for collecting your sample. Please do not tamper with any of the kit components. Risk of serious injury.

Do not pierce or collect blood from the smallest (baby/pinky) finger, or any other body part not indicated in the blood sample collection kit instructions.

Calluses or dry skin may impact the efficacy of the device. Do not use provided lancets on broken, damaged, ulcerated, scarred or infected skin.

Some bruising and tenderness at the puncture site may occur, please consult your doctor if you are concerned. There is a small possibility that using these lancets may cause pain, nerve damage, scarring of the skin, damage to the bone or result in an infection.

There is a risk of fainting when providing any kind of blood sample. If you are concerned, please consult with your doctor before collecting your sample and if you subsequently collect a sample you should be seated while using the lancet and have an additional person with you. If you feel faint or unwell while collecting your sample please stop and consult with your doctor.

It is important to dispose of used lancets. Used lancets can generally safely be disposed of in household waste, though please refer to your local or state guidelines.

Choking hazard - The Zinacare Blood Sample Collection Kit contains small parts, which may present a choking hazard to small children. Please keep away from children under the age of 18.