

17



Fold requisition form and plastic bag and place inside the UPS return envelope. Seal the envelope.



Canadian Residents: Make sure you have filled out the commercial invoice and waybill.

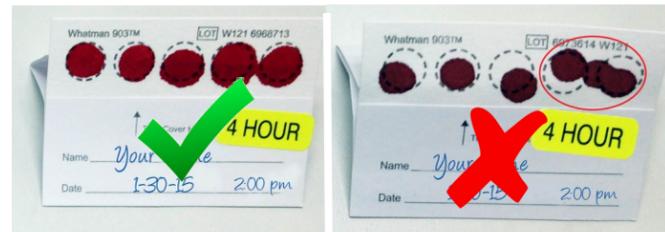
18



Contact UPS for pick-up, or drop off at an approved UPS facility/drop zone.

Helpful Hints:

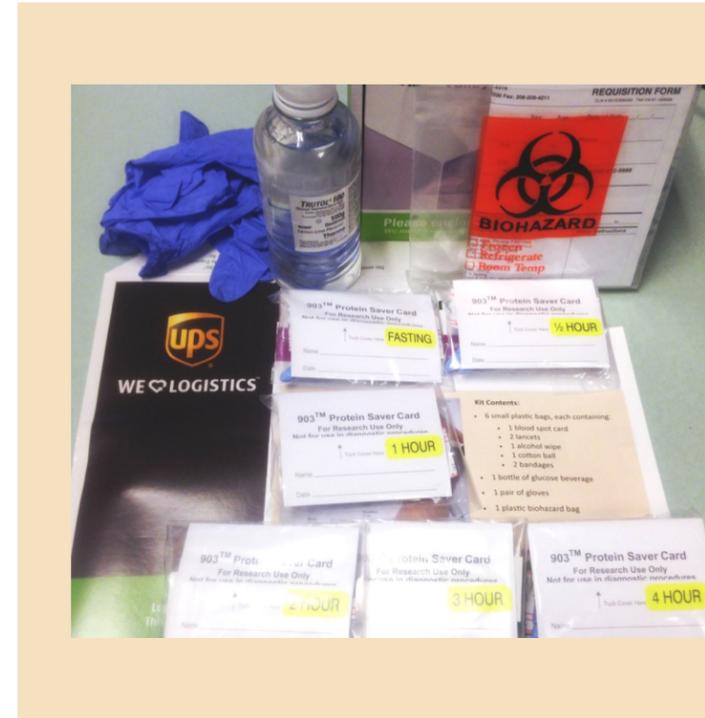
1. Have a protein rich meal the evening before collection.
2. Drink a large glass of water approximately one hour before collection. Drinking water is encouraged throughout the 4-hour collection period.
3. Rub your hands together until they feel warm. Keep your fingertips down while rubbing to encourage blood flow.
4. Collect while standing.
5. After 3rd hour, drink warm water if you feel weak or shaky.
6. Fill the all 5 collection circles. Do not overlap, this will result in a rejected sample.



Acceptable

Unacceptable

Glucose Tolerance / Insulin Response Test (Bloodspot) Collection and Shipping Instructions



Kit Contents:

- 6 small plastic bags, each containing:
 - 1 blood spot card
 - 2 lancets
 - 1 alcohol wipe
 - 1 cotton ball
 - 2 bandages
- 1 bottle of glucose beverage
- 1 pair of gloves
- 1 plastic biohazard bag
- 1 UPS envelope

General Guidelines

Due to a risk of occasional low blood glucose reactions, we **strongly recommend** performing the test procedure under the supervision of a health care practitioner.

Collection Considerations:

1. Begin by FASTING 8-12 hours before performing the test. It is easiest to start after an overnight fast.
2. Transportation assistance to and from your chosen health care facility may be necessary as some people experience nausea, faintness, and/or weakness from fasting and after specimen collections.
3. Bring the entire kit contents with you to your practitioner's office.
4. Inspect the kit contents (see list above) and lay, them out on a flat surface.
5. Locate the yellow label on each bloodspot card, indicating proper time for use. Collect the bloodspot specimen 6 times according to the following intervals: **fasting, 1/2 hour, 1 hour, 2 hours, 3 hours, and 4 hours**. The 5 collections after fasting are timed according to the completion of consuming the glucose beverage.
6. Write your name and record the date and time on each bloodspot card.





1

Fill out requisition form completely and make sure to include payment (if required).



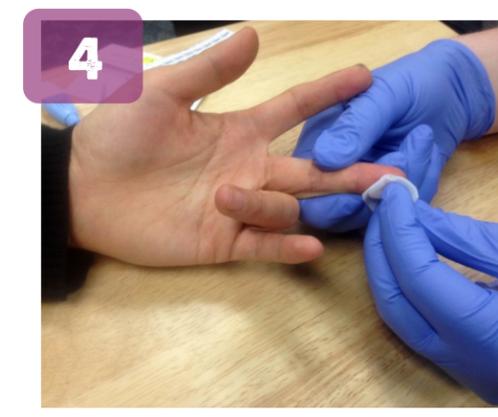
2

Take out "fasting" collection plastic bag. Write name and collection date on bloodspot card where indicated.



3

Fold back cover of blood spot card, and lay on a flat dry surface.



4

Make sure the patient's hands are warm before beginning this step. Warm hands encourage blood flow.

The practitioner or assistant should wear the provided gloves. Use the alcohol wipe and thoroughly clean fingertip of the chosen finger. Let it dry before moving onto the next step.



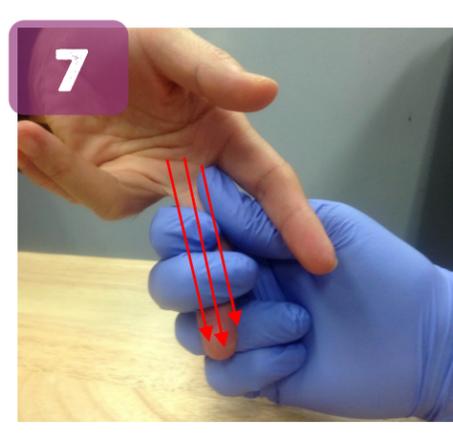
5

1. The fingertip should be lanced on the inner or outer surface of the fingertip.
2. Make sure the lancet blade is crossing the lines of the fingerprint.



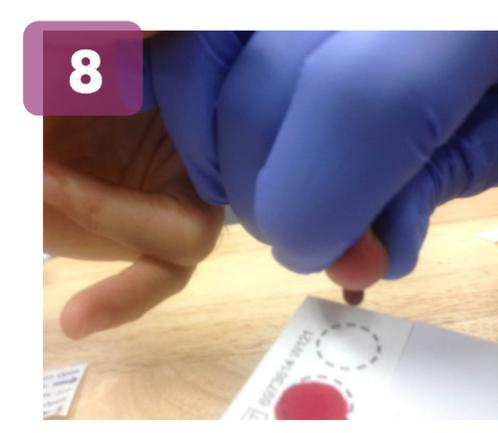
6

1. Twist the cap off lancet.
 2. Place patient's hand on a clean flat surface.
 3. Firmly press against the finger at the chosen site.*
- *Lancet is pressure activated



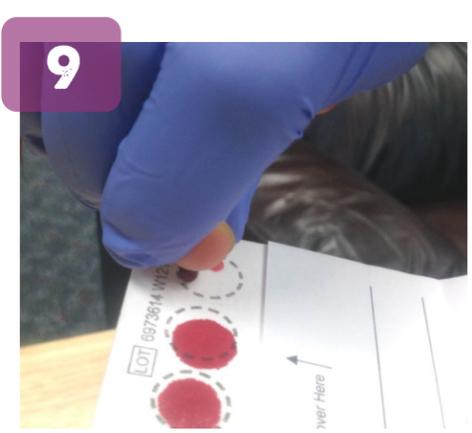
7

Gently "milk" the hand and finger in a downward motion, allowing time between squeezes for blood to flow into the finger.



8

When a large hanging droplet forms, move on to step 9.



9

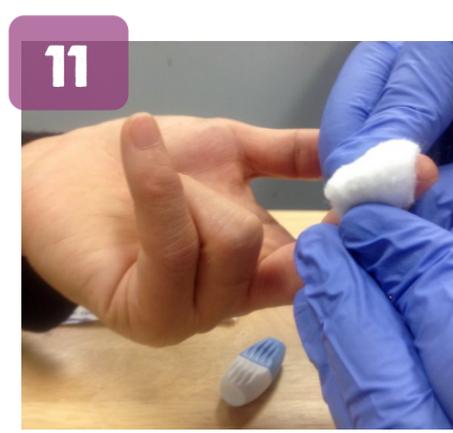
Touch the droplet to the center of one of the circles on the card. Do not allow your finger to touch the card. Do not squeeze finger too hard or continuously as this could cut off blood flow to the finger completely.

Do not allow blood spots to overlap.



10

Blood spots must fill all five circles. Be certain that the blood has soaked completely through to the back side of the card.



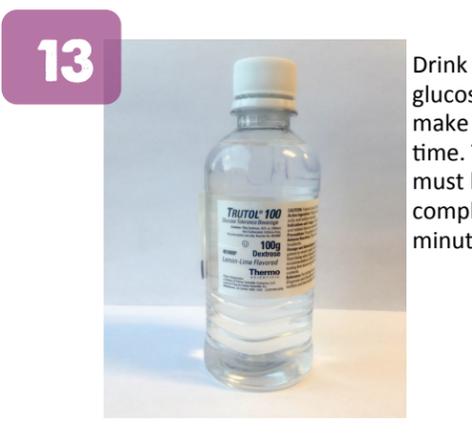
11

Use the cotton balls to stop blood flow. Apply adhesive bandage if needed.



12

Pictured here is a completed collection card with name, date, and collection time. As soon as this step is complete, proceed to step 13.



13

Drink the provided glucose beverage and make note of the time. The beverage must be consumed completely within 5 minutes.



14

Repeat steps 2-12 for each plastic bag, timing from the completion of drinking the glucose beverage. It is important to collect as close to the exact time as possible.

- 1/2 hour
- 1 hour
- 2 hour
- 3 hour
- 4 hour



15

Allow all 6 blood-spot cards to air-dry overnight before folding the covers over top of the blood spots. Avoid exposure to direct sunlight, extreme temperature or humidity.



16

Fold covers over all dried bloodspot cards and seal all inside of the plastic biohazard bag.