

LetsGetChecked Blood and Urine
Home Sample Collection IFU 117
SPECS AND INSTRUCTIONS

Colour Reference:
CMYK

Size:
108.5mm wide by 152.5mm high **folded**

Paper:
135gsm silk

Fold type:
6 page accordion

Font:
Proxima Nova
(Regular, Semibold and Bold)

Part Number:
QR-IFU-117-R0 Feb-2024



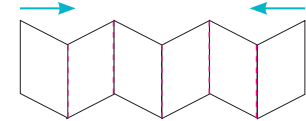
*Visual reference for how to fold down the sheet so the front page is the first one to see. Artwork and page count may vary.



FOLD GUIDE

--- Fold

Accordion fold



Inside



Outside



! Before you start

Please note that certain infections can take time after sexual contact to show up in a test. This is called the window period. Learn more at [LetsGetChecked.com/window-periods](https://letsgetchecked.com/window-periods)

- ☐ Collect your samples in the morning Monday-Friday and return on the same day
- ☐ Do not urinate for at least 1 hour before collecting your sample. Do not cleanse the genital area that morning
- ☐ Plan your sample return in advance. Check the return delivery card in your kit for details
- ☐ Read all the instructions including the warnings
- ☐ Visit [help.LetsGetChecked.com](https://help.letsgetchecked.com) if you have any questions
- ☐ Scan the QR code below to download the LetsGetChecked App

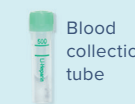


Kit contents

Make sure you have all these items in your kit:*



Sterile lancets × 4



Blood collection tube



Gauze pack



Bandages × 2



Alcohol swabs × 2



Pipette



Urine collection cup



Urine sample tube
The liquid in the tube preserves your sample. **Do not** pour it out.



Biohazard bag



Return envelope



Kit box

*The look or color of items may vary from what you see in these images.

1 Prepare for sample collection



Activate your kit by scanning the QR code on the biohazard bag or on the **LetsGetChecked App** or [LetsGetChecked.com/activate](https://letsgetchecked.com/activate). Only activate when you are ready to collect your sample.



Wash and dry your hands.



Remove all the contents from your kit box. Open the packaging.

2 Collect your urine sample



Open the collection cup by squeezing opposite corners. Do not tear or puncture the plastic lining.



Pass the first part of your urine stream into the collection cup until it is half full.



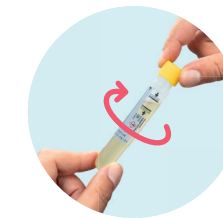
Open the urine sample tube.



Use the pipette to slowly transfer your urine from the collection cup into the urine sample tube. If you spill the liquid refer to the warnings.



Fill between the two marked lines. Do not over or under-fill. Never remove urine from the sample tube as it may affect your result.



Screw the lid tightly onto the urine sample tube to close it. Check that the lid is tightly secured and does not leak.



Wash and dry your hands.

Blood sample collection tips



Collect from warm hands
Run your hands under warm water.



Get the blood flowing
Light exercise such as walking can help.



Stay hydrated
Drink water before you start.



Check your nails
Collection may be easier with short nails.



Keep your arm angled downwards
Keep your elbow below your heart and your hand at waist level or lower.

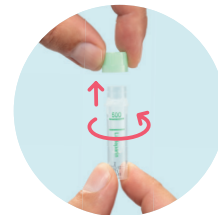


Select your finger
We recommend using your 4th (ring) finger on your non-dominant hand. Avoid fingertips with hard skin or calluses. Do not pierce the baby/pinky finger.

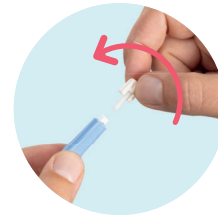
Please continue overleaf.



3 Collect your blood sample



Read the blood sample collection tips. Twist the cap to open the blood collection tube.



Twist off the white lancet cap. Do not pull it.



Clean your finger with the alcohol swab and allow to air-dry.



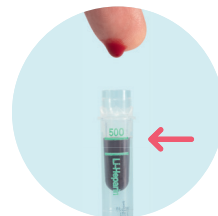
When you're ready, position the lancet to one side of the fingertip. Press down firmly until you hear a click.



Use the gauze to wipe away the first small drop of blood.



Massage your hand and finger. Do not touch or squeeze the fingertip — this prevents blood flow.



Fill the blood collection tube to the top line. An under-filled blood collection tube will not be accepted.



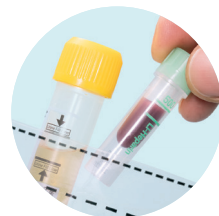
Apply a bandage to your finger.



Replace the cap on the blood collection tube and press down firmly until you hear a click.



Lightly tap the blood collection tube with your finger and turn the tube upside down ten times to mix the sample. This preserves your sample.



Place the blood and urine sample tubes in the biohazard bag and seal the bag.

4 Package and return



Place the biohazard bag into the kit box. Double check you have activated your kit.



Place the kit box in the return envelope provided.



Send the kit back on the same day. Check the return delivery card in your kit box for your return method.



WARNING.
HARMFUL IF SWALLOWED, CAUSES SKIN IRRITATION, CAUSES SERIOUS EYE IRRITATION.

Sample transport tube contains $\leq 50\%$ (w/w) Guanidine hydrochloride. If you spill the liquid contents clean with plenty of water. DO NOT use bleach to clean as the liquid can release a harmful gas.

- Keep away from children under the age of 18.
- Do not eat, drink or smoke when using this product.
- Do not remove liquid from the sample transport tube at any point.
- Toxic if ingested, do not drink or breathe in the liquid in the sample transport tube. This liquid causes skin and serious eye irritation.
- Wear protective gloves/eye protection/face protection.
- Wash hands thoroughly after handling.
- IF IN EYES: Rinse cautiously with water for several minutes. Remove contact lenses, if present and easy to do. Continue rinsing.
- If eye irritation persists: Get medical advice/attention.
- IF SWALLOWED: Call a POISON CENTER or doctor/physician immediately.
- If the liquid touches your skin, wash your skin with plenty of water. If you still have any symptoms, you should call a physician.
- Bring kit if seeking medical attention. Safety data sheet available on request.
- You must be over the age of 18 to use this home sample collection kit.
- The samples and information provided must be your own. Test results may not be released to a third party.
- Failure to follow these instructions may impact the accuracy of your test result or cause your sample to be rejected by the laboratory.
- Some medication and supplements may impact

- your test result. Do not make any changes to your medication without consulting your healthcare provider.
- Do not pierce or collect blood from the smallest finger or any other body part not indicated in these instructions.
- Do not use lancets on damaged, scarred, or infected skin.
- Lancets may cause some bruising and tenderness at the puncture site. There is a small possibility of pain, nerve damage, scarring, bone damage, or infection. Consult your healthcare provider if you are concerned.
- Use only the contents included in this single-use kit for collecting your sample. Check the expiry date before you use the kit.
- If the kit or any of the contents are damaged or missing, the kit should not be used. Do not tamper with the kit contents — Risk of serious injury.
- Used kit contents can generally be safely disposed of in household waste. Please refer to your local and state guidelines.
- Choking hazard — This kit contains small parts which may present a choking hazard. Keep away from children under 18.
- The samples must be returned in the kit box.

Do not use this kit if:

- You have a history of fainting or a medical condition that increases your risk of fainting.
- You have a bleeding disorder or are taking medication that increases the risk of bleeding.
- You have impaired lymphatic drainage in both upper limbs.
- You have a condition associated with poor healing, increased risk of infection, or skin ulceration — including but not limited to Raynaud's phenomenon, scleroderma, peripheral vascular disease, or peripheral neuropathy.

Purpose/Intended use of device:

The LetsGetChecked Blood and Urine Home Sample Collection Kit is an in vitro diagnostic medical device specifically intended for the primary containment and preservation of blood and urine samples, for the purpose of in vitro diagnostic examination by our partner accredited laboratories.

PrivaPath Diagnostics Ltd.,
Unit 1, Northern Cross Business Park,
North Road, Dublin 11,
D11 XT26, Ireland.

Storage temperature: 15°C — 25°C.
Transport temperature: 4°C — 25°C.

For explanation of symbols see
[LetsGetChecked.com/symbol-glossary](https://letsgetchecked.com/symbol-glossary)

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Checked

LETSGETCHECKED
Blood and Urine Home Sample
Collection Kit



How to collect your samples

ⓘ Activate your kit before you collect your samples

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