

LetsGetChecked Blood DBS  
Home Sample Collection IFU 064  
SPECS AND INSTRUCTIONS

**Colour Reference:**  
■ LGC Teal: Pantone 7710 CP (CMYK)  
■ LGC Navy: Pantone 654 CP (CMYK)  
■ LGC Red: Pantone 1925 CP (CMYK)  
■ CMYK

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

**Paper:**  
135gsm silk

**Fold type:**  
5 page accordion

**Font:**  
Proxima Nova  
(Regular, Semibold and Bold)

**Part Number:**  
QR-IFU-064-R1 Mar-2025



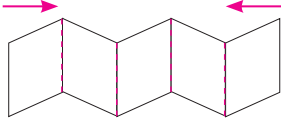
\*Visual reference for how to fold down the sheet so the front page is the first one to see. Artwork and page count may vary.

FOLD GUIDE

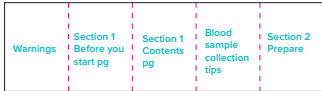
----- Fold



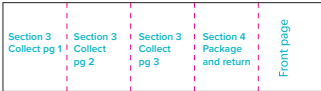
Accordion fold



Inside



Outside



**⚠ WARNING:**

- You must be over the age of 18 to use this home sample collection kit.
- The sample 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.
- If you are collecting a sample for a test that requires fasting please consult with your healthcare provider, particularly if you have any medical conditions.
- 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.
- There is a risk of fainting with any blood sample. If you are concerned, consult your healthcare provider before collecting your sample. If you proceed, ensure you are seated and have someone with you. If you feel faint or unwell during sample collection, stop and seek medical advice.
- Use only the contents included in this single-use kit for collecting your sample. Check the expiry date before you use the kit and do not use if expired.
- 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. Refer to your local laws and guidelines.
  - Choking hazard – this kit contains small parts which may present a choking hazard. Keep away from children.
  - The sample must be returned in the kit box.
  - If you have difficulty using this kit due to vision impairment or difficulties in handling the test components, or understanding test instructions or results, please contact a healthcare provider.
  - This test system is not a substitute for visits to a healthcare provider. The information provided by this product should not be used to start, stop, or change any course of treatment unless advised by your healthcare provider.

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

**Contact Customer Care:**

1-855-554-1959 (TTY 711)

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)

# 1 Before you start

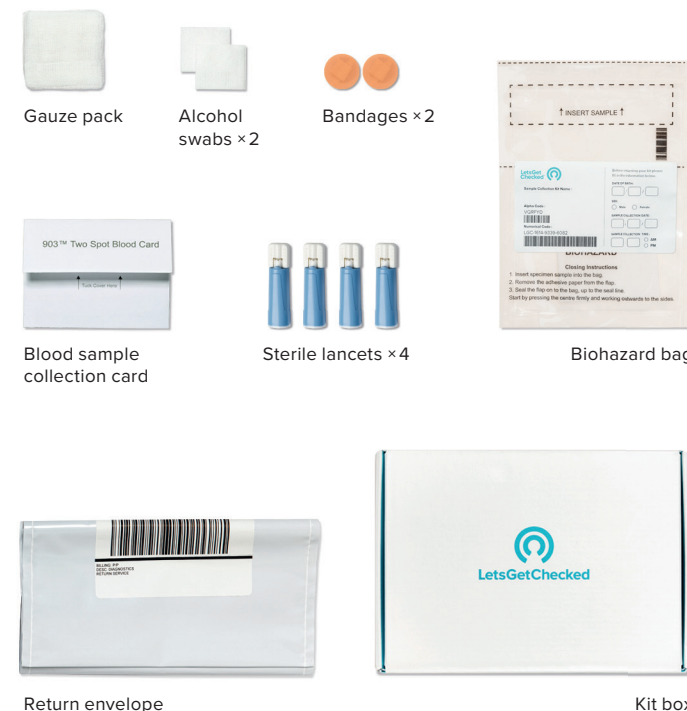
Collect your sample in the morning and return on the same day.

Plan your sample return in advance. Check the return delivery card in your kit for details.

Scan the QR code below for an instructional video.



## Check your kit contents\*

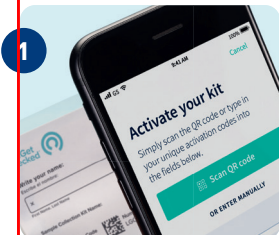


\*The look or color of items may vary from what you see in these images.

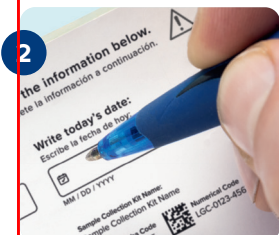
## Blood sample collection tips

- 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.

# 2 Prepare for sample collection



Activate your kit following the same steps you used to order your at-home sample collection kit. Enter the unique alpha and numerical codes on your biohazard bag.



Fill in the label on the biohazard bag.



Wash and dry your hands.

Please continue overleaf.



# 3 Collect your blood sample



Remove all the contents from your kit box and open the packaging. The blood sample collection card must be kept on a clean dry surface. Do not touch the two circles.



Read the blood sample collection tips. Twist off the white lancet cap. Do not pull it. Clean your finger with the alcohol swab and allow to air-dry.



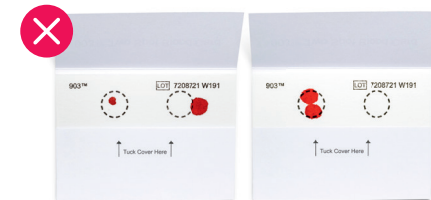
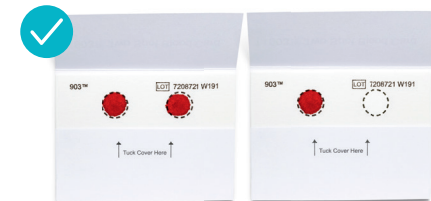
When you're ready, position the lancet to one side of the fingertip. Press down firmly until you hear a click.



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.



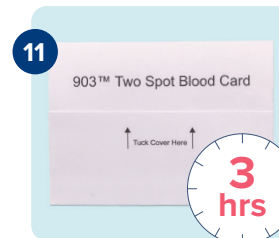
Drop blood onto a circle and fill it entirely as shown. The front and back of the circle should be completely red when complete. Repeat for the second circle. At least one circle must be completely filled.



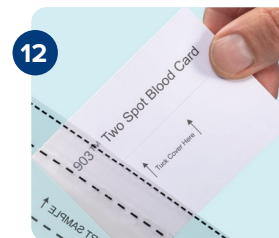
Apply a bandage to your finger.



Fold down the cover of the blood sample collection card and gently tuck it under the flap (marked with arrows). Do not flatten or press down on the card.



Allow the blood sample collection card to dry for 3 hours. Do not apply heat to assist drying.



Place the blood sample collection card 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 and filled in the biohazard bag label.



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.



LETSGETCHECKED  
Blood Home Sample  
Collection Kit

# How to collect your sample



ⓘ Activate your kit before you collect your sample