

LetsGetChecked Blood and Urine
Home Sample Collection IFU 097
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-097-R0 Apr-2025



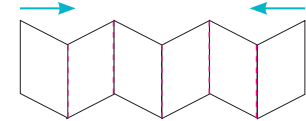
*Visual reference for how to fold down the sheet so the front page is the first one to see. Artwork and page count may vary.



FOLD GUIDE

----- Fold

Accordion fold



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1 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).

Do not urinate for at least 1 hour before collecting your sample. Do not cleanse the genital area that morning.

Follow the instructions for filling the urine tube carefully. Tubes that are too full may be rejected.



Collect your samples in the morning Monday-Thursday and return on the same day.



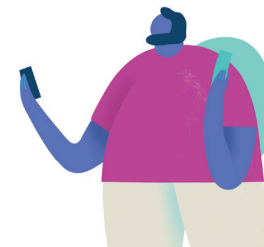
Plan your sample return in advance. Check the return delivery card in your kit for details.



Download the LetsGetChecked App from your app store.



Scan the QR code below for an instructional video.



Check your kit contents*

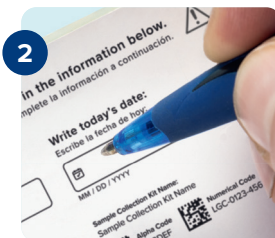


*The look or colour of items may vary from what you see in these images.

2 Prepare for sample collection



Activate your kit on the **LetsGetChecked App**, [LetsGetChecked.ie/activate](https://letsgetchecked.ie/activate) or [LetsGetChecked.co.uk/activate](https://letsgetchecked.co.uk/activate). Enter the unique alpha and numerical codes on your biohazard bag.



Fill in the label on the biohazard bag. Wash and dry your hands.



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

3 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.



Slowly add urine to the tube. Stop when the tube is about half full. Remember, overfilled tubes may be rejected.



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.



4 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 tube will not be accepted.



Apply a bandage to your finger.



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



Lightly tap the blood collection tube with your finger. 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.

5 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.

⚠ WARNING:

- 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 samples to be rejected by the laboratory. A negative test result does not preclude the possibility of infection with other microorganisms.
- 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.
- 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 samples. 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 samples 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.
- Report any serious incident related to this device to the Manufacturer and National Competent Authority.

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)

Change history: initial release.

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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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