

START YOUR BLOOD COLLECTION HERE

Visit <https://vimeo.com/234695364/058428ef54> for video instructions

A. SETTING UP

1. Place the kit contents on their matching images in the "WORKING AREA" on this placemat.
2. Wash your hands with soap and warm water. **To get blood flowing, leave your hands under warm water for 1 minute.** Dry with a clean towel.

3. Place the tube in the holder. Twist the cap off the tube and put the cap aside.

4. Select the finger to prick.
Choose the middle or ring finger from your non-dominant (weak) hand.

5. Choose a puncture site off center of your fingertip.



6. Twist cap off lancet and put aside. A small blade is inside the lancet and will be auto-activated at a later step.



7. Open alcohol wipe and gauze pad. Wipe selected fingertip with alcohol wipe.

8. Vigorously **shake your hand** below the waist for 15 seconds while standing to get blood flowing.



B. COLLECT BLOOD IN THE TUBE

9. Press the lancet tip firmly against your finger until you hear a click.



10. With a milking action, firmly squeeze your finger at the base and slide up until a large drop of blood forms.



11. Turn your hand over and wipe the blood drop on the inside of the tube.



12. Usually the first few drops of blood will stick to the top and side of the tube. Keep going, and try getting bigger drops of blood. Your blood will eventually drop into the tube.



13. **Fill tube to the black line.** This may take 6-12 drops.



To increase blood flow:

- a. Make a solid swipe with gauze pad to get blood flowing
- b. Run your hand under warm water.
- c. If needed, use second safety lancet.

If unable to fill the tube, call the Care Kit Support Center at (404) 435-4513.

14. Put filled tube aside.

TURN OVER AND CONTINUE TO STEP 15 →

D. FINISHING UP

15. Use gauze pad to wipe remaining blood off your finger. Apply bandage.

16. Push the cap firmly onto the tube until it pops in place. The cap does not screw on.

17. Gently mix the blood in the tube, moving around so that the blood comes into contact with all sides of the tube.



18. Place the tube in the plastic bag from other samples from previous steps, seal bag and place safely aside.



19. You can safely dispose of the lancets, alcohol wipe, and gauze pads in your home garbage.

If at any time you have questions, please call the Care Kit Support Center at (404) 435-4513. Your call is completely private and confidential.

Once you are done collecting all required specimen, place the biohazard bag and the completed lab requisition form in the bubble mailer and see the mailing instructions insert. If you have any questions, contact a CareKit team member at Carekit@emory.edu or 404.435.4513.