



HOW TO PERFORM THE COLLECTION

Blood

1 When to perform the test



The test must be performed during the morning period, from Monday to Thursday and sent on the same day, until 1pm.



To confirm if fasting is needed, and quantity of blood required, **visit the online product page.**



Do not take the test on Friday's, weekends, holiday or the day before holidays, it might not be accepted by the laboratory to be analyzed.

⚠ If you have a kit with cortisol analysis, the collection must be taken up until 10 am.

2 Activate the test

Before starting the sample collection, you must **activate your kit** at: **www.labinthebox.pt**



The laboratory can't process your sample, without this activation.



3 How to perform the blood collection

Watch the video on how to perform the collection before beginning the test. In the video, you can learn tips for a successful sampling.



4 Preparation of the test



After opening the box of your kit, lay out all the elements on a plain surface where you will be collecting the sample.



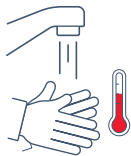
Remove the tube from the support and close the support. Place the tube on the support holder and unscrew the cap.



Open the gauze and alcohol wipe.

5 Warming up the hands

Exercise your hands lightly, and wash them with warm water for 2 minutes, this will help to increase the blood flow in your hands, which will help with the test.



6 Preparation for sample collection

Drink 2 to 3 glasses of water before taking the test.



For better results, use **the side of your left ring finger fingertip**. Avoid using your thumbs, little fingers or fingers with wounds or any kind of infection.

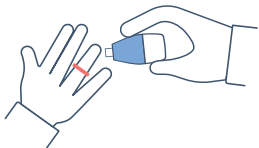


Clean the designated area with the alcohol wipe, and let it dry.



Take the lancet, turn the tip to open it, and get ready to prick.

7 Prick the finger with a lancet



The lancet will only prick once. Place your finger against a flat surface, and press it against the lateral side of the finger, until you hear “click”.



Do not use the first drop of blood. Wipe with a dry gauze.

8 Collect the blood into the collection tube

From the second drop of blood, put your hand down, with your finger near the tube, and gently massage it to produce drops of blood.



9 Ensure the tube is filled correctly

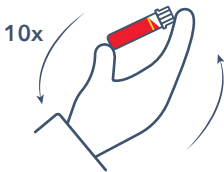
Fill the tube up to the line, indicated on the **product's page**.

If you are unable to fill with enough blood in a single prick, you can repeat the process with another lancet and prick another finger. Clean the finger with the dry gauze and put the band-aid on the used fingers.



10 Close the tube and shake it to mix

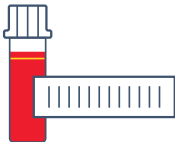
Place the cap on the tube and press down to close until it clicks. Gently turn the tube up and down 10 times.



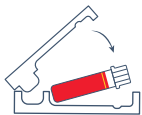
11

Identify the tube with the barcode

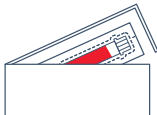
Place the tag label supplied in the kit around the tube.

**12**

Send the test



Put the collection tube back in its support.



Insert the tube support into the kit box.



Place the cardboard box inside the shipping envelope provided (contains a pre-paid shipping label) and seal it.

13

Sending the kit to the laboratory

The envelope must be delivered to a collection point until 1 pm. If it's a home collection, you need to book it to be collected until 1 pm.

The sample must be sent on the same day as it was collected.

The results are sent by email within a maximum of 2 to 3 working days. If you have any questions, please send an email to:

help@labinthebox.pt

To schedule the sample collection:
 (+351) 218 860 169
 (Call to the national landline)



Check the collection points



KIT CONTENT



Collection tube *



Lancets



Band-Aids



Dry gauze
(without alcohol)



Alcohol wipe



Envelope
[pre-paid]



Tube Holder*



Tag*



1x

Quick Guide

1x

Instructions for Use

*According to the tube's reference