

URINE & BLOOD COLLECTION INSTRUCTIONS

KIT INCLUDES



KIT BOX



KIT
INSTRUCTIONS



URINE
COLLECTION
CUP



URINE
COLLECTION
TUBE



PIPETTE



LANCETS



PLASTERS



ALCOHOL
WIPES



BLOOD SAMPLE
COLLECTION
TUBES



BIOHAZARD
BAG



PREPAID
RETURN ENVELOPE

BEFORE YOU START

You **must activate your kit** before collecting or returning your samples.



To activate your kit, scan the QR code or visit start.yoxly.com.

You can find your unique activation codes on the clear biohazard samples bag enclosed in your kit.



DO NOT activate your kit until you are ready to collect your samples.



Be sure to collect and post your samples **ON THE SAME DAY** they'll be collected by the Royal Mail (not a weekend or bank holiday).

URINE COLLECTION INSTRUCTIONS

IMPORTANT: Do not urinate for at least 2 hours before collecting your sample.



1. When you are ready to take your sample, it is important to capture the first part of your urine stream. Use the collection cup to capture this by urinating into the cup. Fill the cup half way, and finish urinating in the toilet.



2. Remove the cap from the urine collection tube, holding it upright, being careful NOT to spill the clear liquid already in the tube.



3. Carefully use the pipette to transfer your urine sample from the collection cup into the urine collection tube, filling it until the liquid is between the two black lines.



4. Replace the cap and screw it tightly closed. Gently invert the tube 5 times.



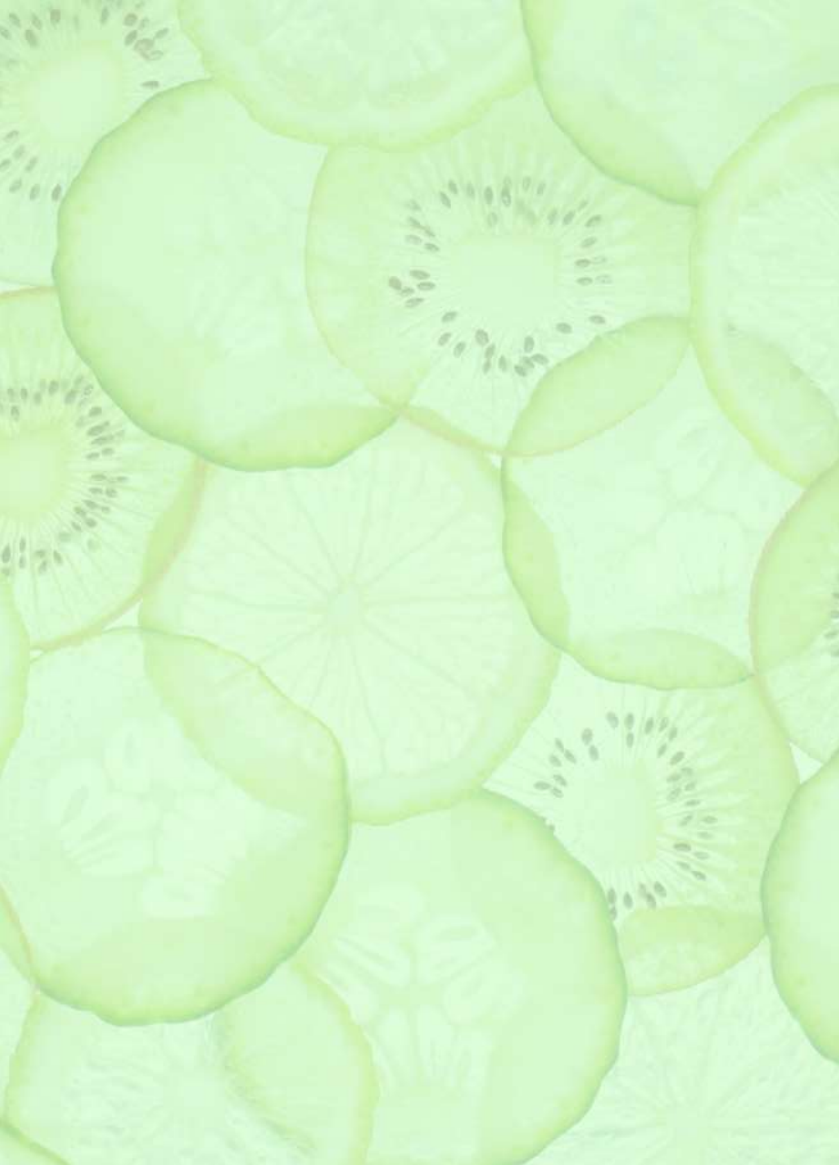
5. Pour any remaining urine from the collection cup into the toilet and dispose of the cup in the bin.



6. Wash and dry your hands.



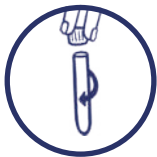
7. Put your urine sample into the clear biohazard bag. You should now take your blood samples. **DO NOT** seal the clear biohazard bag until it contains both your urine and blood samples.



BLOOD COLLECTION INSTRUCTIONS



1. Wash your hands in warm, soapy water for at least 2 minutes and dry them thoroughly.



2. Remove the cap from a blood tube.



3. Use an alcohol wipe to clean the finger from which you'll collect your blood sample.

Note: The best place to collect your sample is from the side of the tip of a finger on your non-dominant hand.



4. Prepare a lancet by twisting and removing the small blue tip.

Caution: Lancets are activated when pressed against the skin, and should only be used once.



5. Position the lancet on the side of the tip of the selected finger. With the lancet positioned on your finger, activate it by pressing it firmly down on your skin.



6. After piercing the skin, wipe away the first drop of blood with a clean tissue.



7. Stand over the open blood collection tube with your pierced finger pointing into the mouth of the tube.



8. Gently “milk” your finger by applying pressure in a downward motion from your palm to the tip of your finger.



9. Continue to milk your finger, guiding the blood droplets into the tube. Continue until the tube is filled to the line marked "600". If the bleeding stops before you've filled the tube, you'll need to re-pierce your finger with a new lancet.



10. Once the tube is filled to "600", replace the cap and press it tightly closed (until you hear it click).

Note: A tube insufficiently filled may not be processed by our laboratory.



11. Place a plaster on your pierced fingertip(s) to stop the bleeding.



12. Repeat steps 2-11 to fill the second blood tube.



13. Gently invert the blood tubes five times.



RETURNING YOUR SAMPLES INSTRUCTIONS



1. Put both your blood collection tubes into the clear biohazard bag with your urine sample, tucking in the white absorbent pad, and seal it securely.



2. Empty the kit box. Place the sealed biohazard bag containing all of your samples into the box and close it. Place the kit box into the striped return envelope. Seal it securely.



3. Post your return envelope in any Royal Mail postbox (ensure it can be collected that same day).



@yoxlyhealth