

THYROID TEST

BIOSAFE
The World's Window To Health

TSH - THYROID STIMULATING HORMONE

HOW TO COLLECT THE BLOOD SAMPLE

• BE SURE to read the important information on the reverse side.
• Your Hands MUST Be Warm!

QUESTIONS? Call 1.888.700.TEST (8am to 5pm CT)

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1 Check the Kit Contents

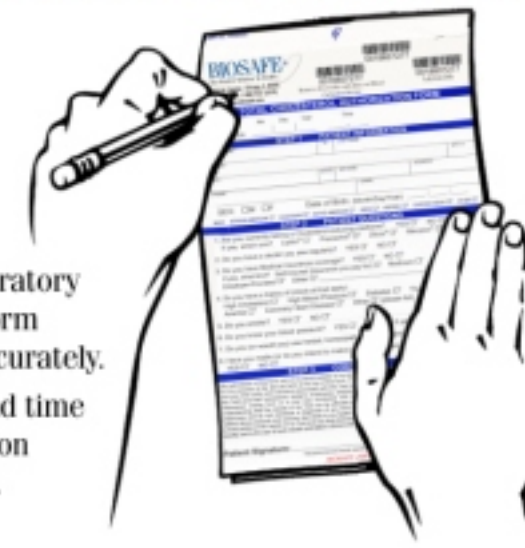
Contents:

1. Lab Authorization Form
2. 1 Alcohol Prep
3. 1 Sterile Gauze Pad
4. 2 Lancets
5. BTS™ Blood Collection Device
6. 1 Adhesive Bandage
7. Blood Sample Return Bag
8. "TSH Facts" Foldout
9. Preadressed, Prepaid Mailing Envelope



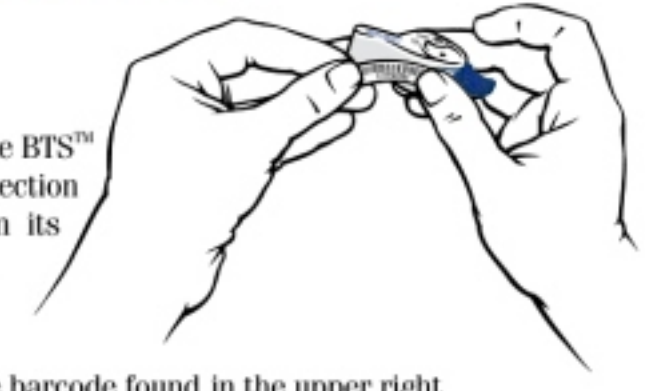
2 Fill Out the Lab Authorization

- Fill out the Laboratory Authorization Form completely & accurately.
- Note the date and time of blood collection where indicated.



3 Apply Barcode

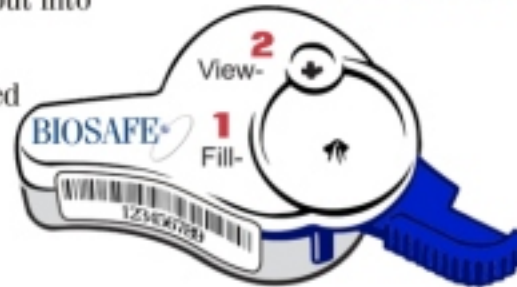
- Remove the BTS™ Blood Collection Device from its protective wrapper.
- Carefully remove the barcode found in the upper right hand corner of the authorization form and apply it to the BTS™ BloodCollection Device as shown.



4 Understand the BTS™ Blood Collection Device

- #1 is the "Fill Port" where you drop the blood.
- #2 is the "View Window" which will turn red when a sufficient amount of blood is put into the "Fill Port".
- The blue lever is used to close and "lock" the device after the View Window turns red.

DO NOT move the Blue Lever before or during Blood Collection.



5 Clean Middle or Ring Finger

- Wash hands with warm water and dry thoroughly.
- Choose either the "middle" or "ring" finger.
- To increase blood flow, rub hands together for 10 seconds and then allow your selected hand to hang at your side for 30 seconds.
- Use the Alcohol Prep to further clean the finger.
- Let alcohol dry completely before proceeding.



Make sure the finger is clean and warm.

6 Remove Cap from Lancet

- Remove plastic cap from the Lancet.
- **DO NOT HANDLE** the exposed surface of the Lancet once the cap is removed.



7 Press Lancet Against Finger

- Place the chosen hand with the palm side up on a flat surface or table.
- Place the Lancet slightly off center of your finger. **Do not use the exact center of your finger since this is its most sensitive area.**
- Hold Lancet steady, press down firmly until it "clicks" and then release.



8 Wipe Away the First Drop

- Observe the finger to see if blood is flowing from the nick. It may be necessary to gently squeeze the finger from the base up to the nick site in order to produce the first drop of blood.
- Wipe away the first drop of blood that forms with the Sterile Gauze Pad.



9 Collect the Blood Sample

- Standing while drawing the sample helps the drops form more easily.
- Continue to gently squeeze the finger, if necessary, to produce the drops that will be needed.
- Wait until each drop is large and "hanging" before attempting to touch it to the Blood Collection Device. (See Illustration Inset).

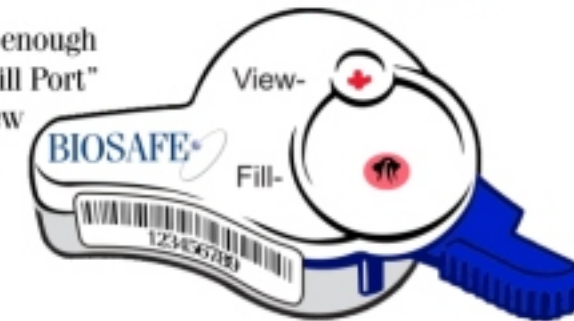


Standing makes it easier.

10 Continue Adding Drops

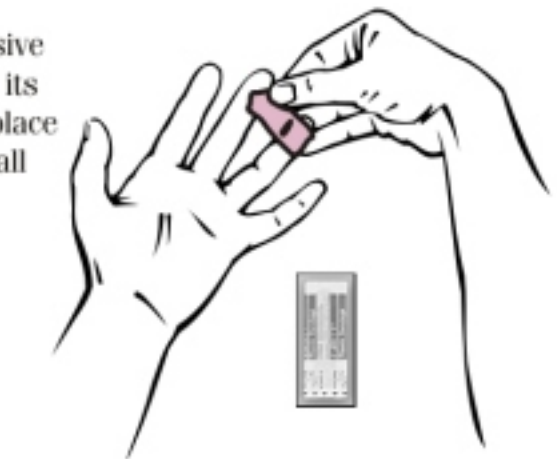
- The Blood Collection Device is filled when the "View Window" turns **red**.
- You **MUST** add enough drops to the "Fill Port" to turn the "View Window" **red**.

"View Window" MUST turn RED.

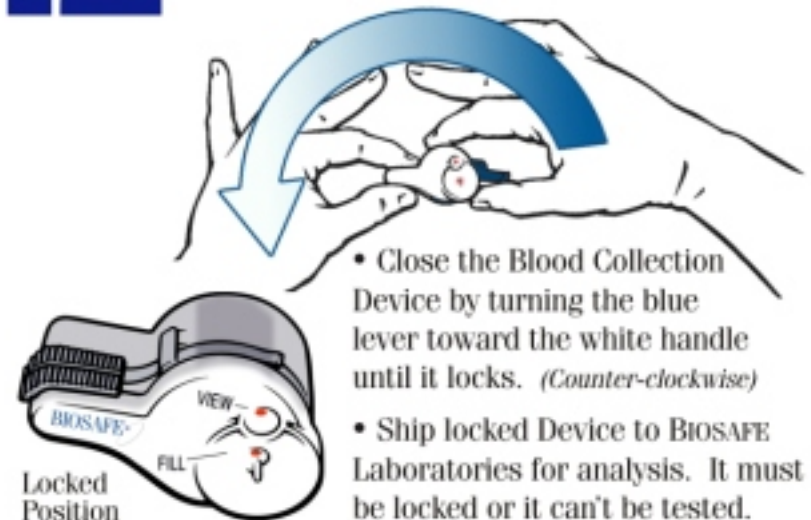


11 Apply Adhesive Bandage

- Remove Adhesive Bandage from its wrapper and place it over the small nick on your finger.



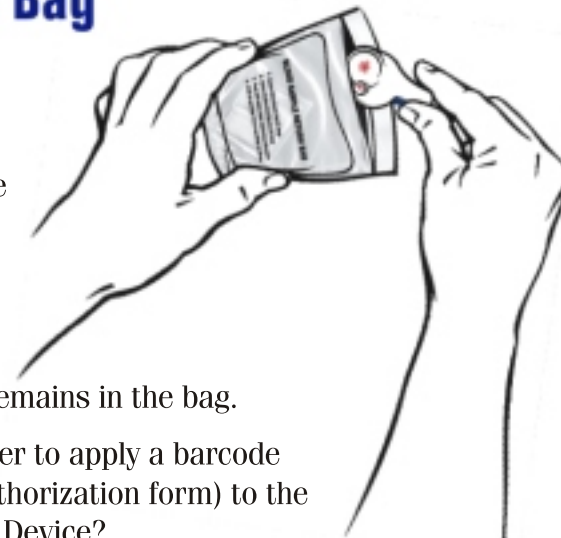
12 Close the Collection Device



- Close the Blood Collection Device by turning the blue lever toward the white handle until it locks. (Counter-clockwise)
- Ship locked Device to BIOSAFE Laboratories for analysis. It must be locked or it can't be tested.

13 Insert Device and Seal the Bag

- Insert the Blood Collection Device into the "Blood Sample Return Bag" and seal.
- Be sure the Absorbent Pad remains in the bag.
- Did you remember to apply a barcode (found on the authorization form) to the Blood Collection Device?



14 Remove Part-3 and Keep for your Records

- Remove Part-3 of the Laboratory Authorization Form and keep it for your records.



15 Place Form & Bag into Envelope and Seal

- Place the Lab Authorization Form and the sealed "Blood Sample Return Bag" into the prepaid, preaddressed mailing envelope.
- Seal envelope securely and place in regular mail as soon as possible.
- Discard used lancet and all other kit materials in your daily household trash.

