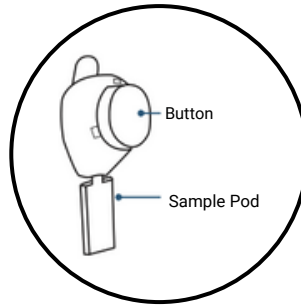


Blood Collection Instructions

**Important things
to know before
collecting the
blood sample!**

- **You will be sending back your blood in the same box that you received them in, so please do not discard it**
- **Please send back the sample on the same day you collect it**
- **Please plan to collect and ship on a Monday, Tuesday, or Wednesday**
- **Please collect the sample in the morning before you have eaten**
- **Please put the gel freezer packs into the freezer the day before you plan on collecting and shipping blood**



1. Gather and unpack the collection materials: Tasso device (note the sample pod is separate for you), tube cap, band-aid, and alcohol swab



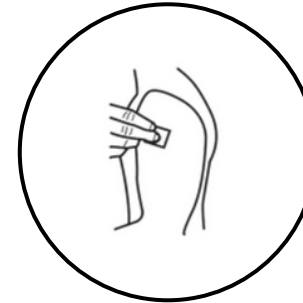
2. Gather your materials, alongside a timer and set yourself in front of a mirror



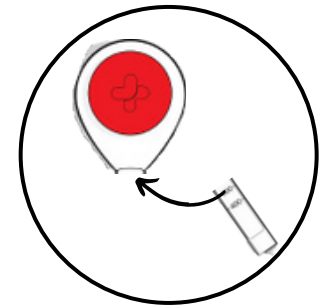
3. Wash your hands before beginning collection



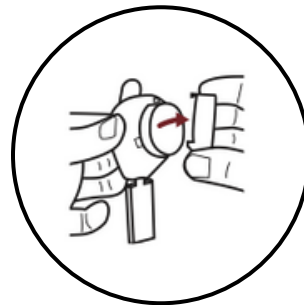
4. Rub your upper arm for around 30 seconds to increase blood flow



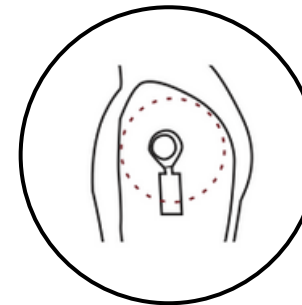
5. Clean your arm with the provided alcohol pad



6. Attach the sample pod to the Tasso by unscrewing the pod's cap and inserting it into the notch on the Tasso device



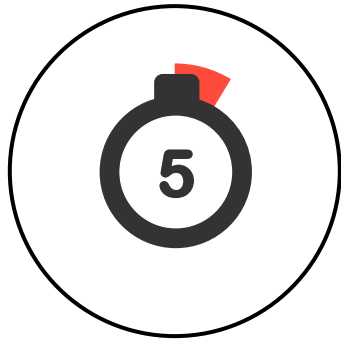
7. Remove the plastic cover covering the button on the Tasso



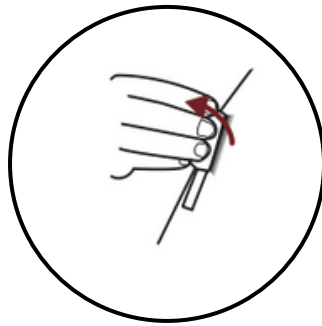
8. Remove the adhesive backing on the Tasso and place it on your arm with the tube facing down



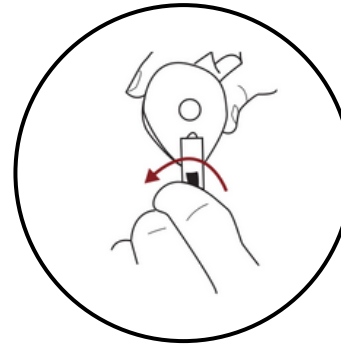
9. Press the button quickly and firmly for two seconds, then let go



10. Start a five minute timer and wait for blood to collect in the pod



11. After the five minutes, peel off the Tasso



12. Remove the tube by firmly twisting and pulling down



13. Twist the tube cap firmly onto the tube



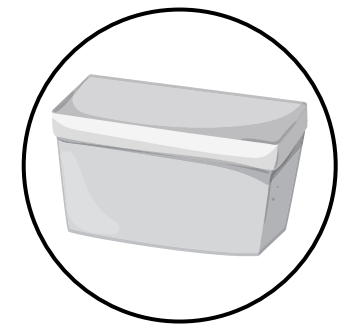
14. Place the tube into the *LabGuard* bag



15. Place the bag with the tube into the fridge until you are ready to ship



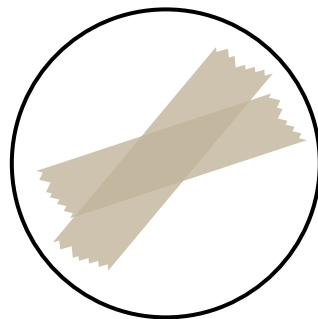
16. Discard of the Tasso device and wash your hands with soap and water



17. When you are ready to ship, place the bagged sample into the insulated box that the materials came in



18. Place one of the frozen cooler packs on top of the bagged blood sample and the other beneath it



19. Use the pre-cut tape to seal the box before placing it to ship



You can also scan here to watch a video showing how to use the Tasso to collect blood!