

# easyGENETIC Testing Predisposition Sample Collection Instructions

---

Please follow the instructions carefully to ensure samples are collected correctly.

A self addressed envelope is enclosed for you to return the sample and submission form to easyGENETIC Testing.

## Precautions and Limitations

Failure to follow all instructions may affect the accuracy of the test results. Once you have collected your blood sample do not store the sample at or above 50 °C or 122 °F for more than 12 hours. Not intended for use by hemophiliacs or those persons taking medications that thin the blood (anticoagulants). Use the provided lancets on only one individual per test kit. Never use a lancet that has been used by another person. Keep out of reach of children. Lancets can be discarded as regular trash.

## Samples Procedure

Please wash your hands thoroughly before sampling.

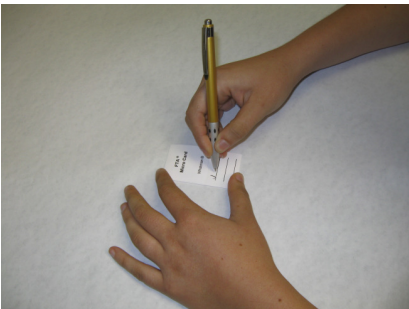
1. Arrange lancet, alcohol swab and FTA Card.

Figure 1



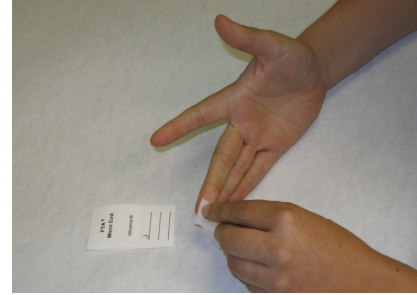
2. Write the name of the individual being tested on the FTA card in the area indicated.

Figure 2



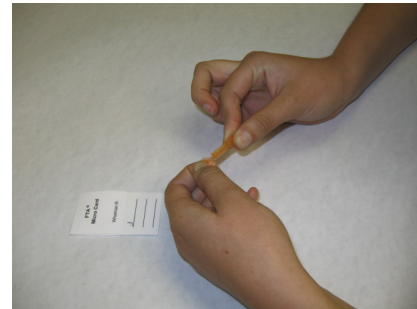
3. Swab index or middle finger with the provided alcohol swab.

Figure 3



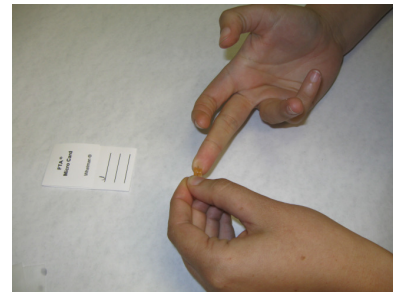
4. Carefully remove the round safety cap from one of the blood lancets.

Figure 4



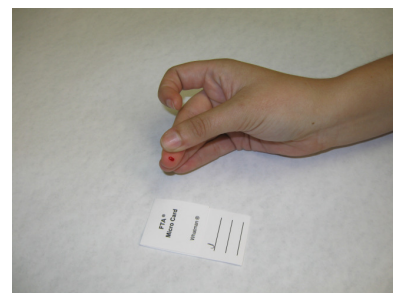
5. Begin collection process by gently pressing the lancet into the index finger. Relax – most people don't even feel it.

Figure 5



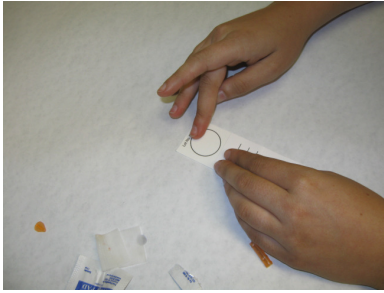
6. Drop the used lancet into the cup with the household bleach or hydrogen peroxide. Gently squeeze the finger until a pea size blood droplet forms.

Figure 6



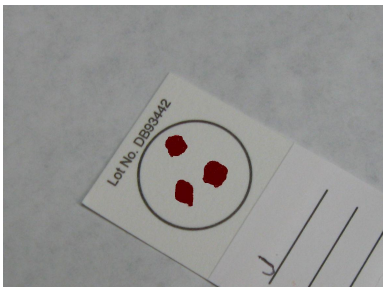
7. Apply the blood spot firmly to the FTA card within the circled area.

Figure 7



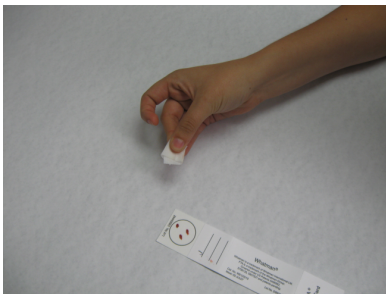
8. Repeat until three separate blood spots have been added to the FTA Card. Only one drop of blood is required per spot.

Figure 8



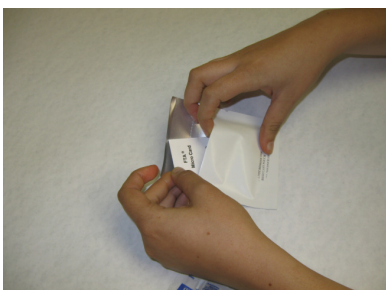
9. Swab punctured finger with the provided alcohol swab. Use firm pressure until bleeding stops. **DO NOT PROCEED TO STEP 11 UNTIL BLEEDING STOPS!**

Figure 9



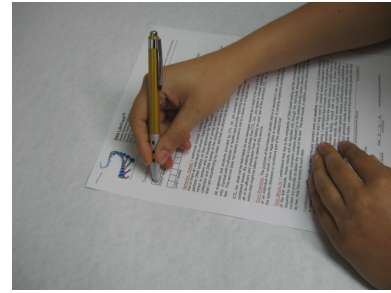
10. Allow FTA card to dry for 10 minutes and insert in the white outer / foil inner self-sealing envelope. Peel and secure the seal and label the outside.

Figure 10



11. Complete the Sample Submission and Consent Form.

Figure 11



12. Package the samples with the Sample Submission and Consent Form in the return envelope and ship immediately.

Figure 12



#### CLEAN-UP

*Lancets and all other used materials can be disposed of as daily household trash. Do not reuse the lancets. They are designed to be used only once.*