

hello!



Step 1

Prepare To Ship Collection Sample Back To My Labs Direct

Before testing, arrange to return your collection sample the same day you test.

Your pre-paid FedEx return label is included.

Contact FedEx to have your sample picked up or you may drop off at a FedEx location.

Call 1-800-GoFedEx and tell the agent you are shipping an at-home UN3373 test kit, or visit

[fedex.com/labreturns](https://www.fedex.com/labreturns)

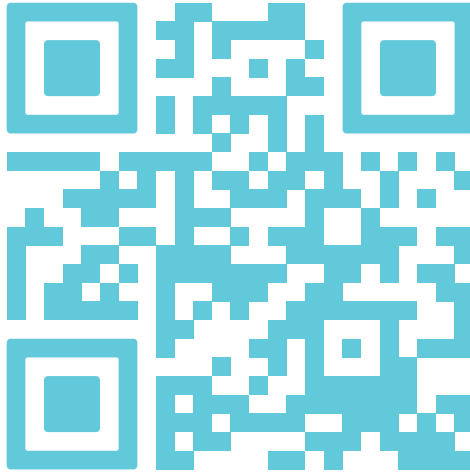


Hey Dallas-Fort Worth, call or text 877-355-7978 and we will come pick it up for free the same day!



Testing on Friday? Please call or text 877-355-7978 for a Saturday delivery return label!





Step 2

Register Test Kit

Before testing, register test kit at

kits.mylabsdirect.com

You will need your unique test kit ID and alpha code located on the back of biohazard bag to register your test kit.

Test cannot be completed without registration.





Step 3

Fill Out Unique Test Kit ID Sticker

Clearly print date of birth, sex, sample collection date and sample collection time on the unique test kit sticker located on the back of the biohazard return bag.



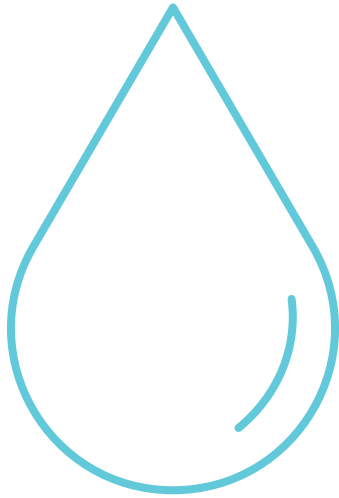


Step 4

Wash Hands Vigorously

Wash hands for two full minutes in warm/hot soapy water, scrubbing hands and flexing fingers, to improve blood circulation. Dry hands.





Step 5

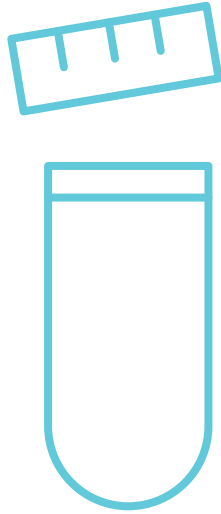
Tips For Blood Collection

Be sure to consume plenty of water and stay hydrated before blood testing.

Do not squeeze fingertip, let blood flow naturally.

Keep your collection finger in a relaxed downward position with hand below your heart.



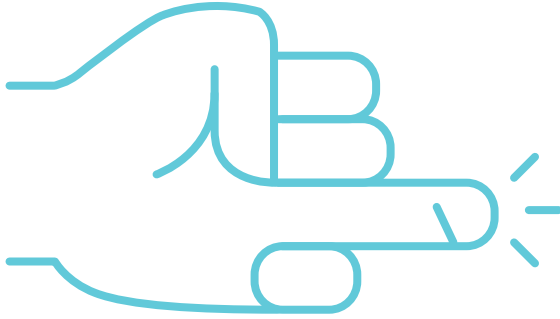


Step 6

Prepare To Test

Uncap blood collection tube. Choose third or fourth finger on non-dominant hand for testing. Massage hand from palm to tip of finger to increase blood flow.





Step 7

Pierce Finger With Lancet

Twist cap off of lancet. Cleanse top of finger with alcohol pad. Let air dry. Place top of lancet securely down on pad of fingertip, press lancet top down firmly until it makes a 'click' sound.

**Note, If you do not feel the lancet prick, use a new lancet and apply more pressure on the next attempt.*





Step 8

Collect Blood

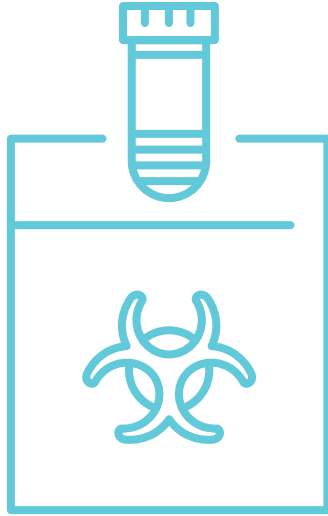
Wipe away the first drop of blood.

Hold collection tube at an angle of 30 degrees and use the elevated side of collection tube to scoop each blood drop into tube. Tap bottom of container on table to settle blood after each drop is collected.

Repeat until container is full. You must fill the container all the way up to the 600 line in order for results to be provided. If more blood is needed, use a new lancet and pierce finger again.

Do not test on pinkie finger.





Step 9

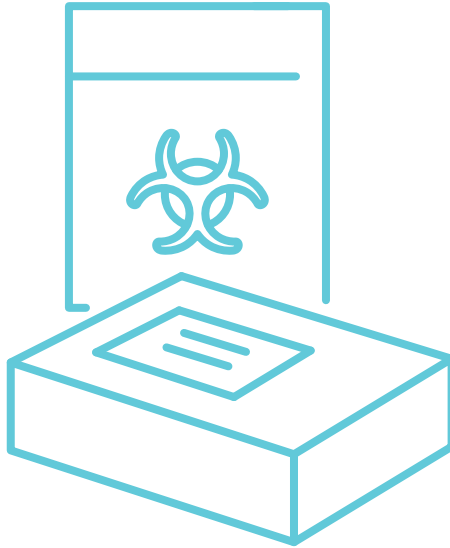
Prepare Sample For Return

Wash hands and apply bandage to testing finger(s).

Firmly apply cap to collection tube. Rotate the collection tube up and down, 5 to 10 times, to properly mix the sample for accurate test results.

Place collection tube into biohazard bag. Seal bag.





Step 10

Return Sample

Place sealed biohazard bag into box.

Apply FedEx return label to the shipping bag.

Place box into shipping bag and seal tightly.

Send box back to My Labs Direct the
same day test is performed.



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for a Saturday delivery return label!





Step 11

Results

HIPAA compliant results will be emailed in approximately 24-48 hrs from receipt of sample at our lab. Log into your account or go to: kits.mylabsdirect.com



you're all done!

Questions? We've got answers.

Call or text 877-355-7978

Email info@mylabsdirect.com

