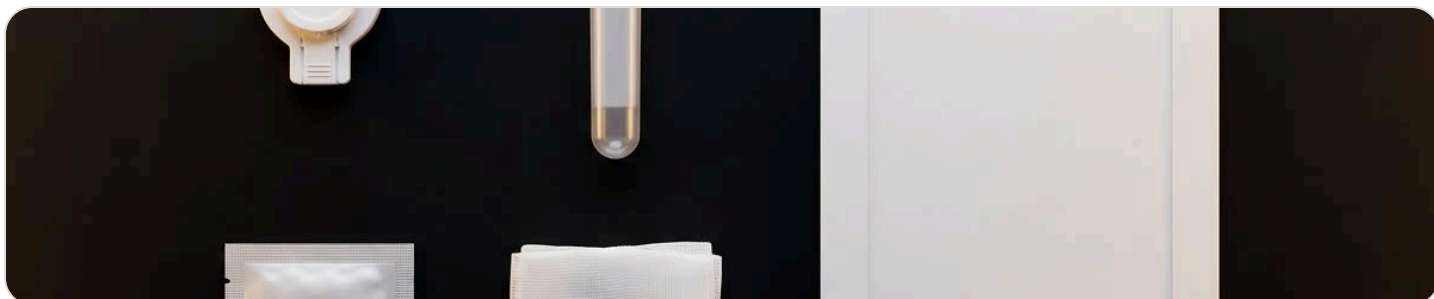




## How to collect your sample

At-home blood collection · Tasso press-on device · no needle, no fingerstick



Read this all the way through before you start. It takes about **twenty minutes**, and most of that is waiting — four minutes warming the arm, then up to ten while the device fills on its own. The **Tasso device** presses onto your upper arm and draws the sample itself: no needle, no finger to prick.

### Three things decide whether your result is usable. Do these first.

- 1. Fast for 8 to 12 hours.** Water is fine and encouraged. No food, no milk in your coffee, no juice. Several markers on your panel cannot be read correctly on a fed sample.
- 2. Be well hydrated.** Water the evening before and a large glass on waking. This is the biggest single thing you control that decides how quickly the tube fills.
- 3. Collect first thing in the morning** — before you eat, and before any medication or hormone dose.

### **When to collect — this matters as much as the fasting.**

**Collect Monday to Thursday, and post it back the same day.**

**Do not collect on a Friday, Saturday, Sunday or a public holiday**, and avoid the days either side of a holiday.

The return mailer is overnight, but couriers do not move samples over a weekend or a holiday. A sample collected on the wrong day sits in a depot, and blood that has sat too long has to be rejected — which means collecting all over again.

If you are not sure whether a week is affected, leave it until the following Monday. **The kit keeps.**

# 1 Prepare

about 8 minutes, 4 of them warming

## What is in your kit — check all nine before you start.

Heat pack · alcohol swab · collection swab · collection device (FDA 510(k)-cleared) · gauze · bandage · sample bag · FedEx return label · these instructions.

If anything is missing or damaged, stop and call us before you collect. A sample collected with a part missing usually cannot be run.

## Timing matters more than anything else here.

If you take **hormone therapy** of any kind — cream, gel, patch, injection or tablet — collect **before your next dose**, not after.

If your panel includes hormones and you have periods, **write down the first day of your last period** and tell us when you register the sample. Hormone results cannot be read correctly without it.

### Step 1



**Read these instructions all the way through before you start**, and check your kit has everything listed. If anything is missing, stop and call us — do not collect with a part missing.

### Step 2



Take the **FedEx return label** out of the kit and stick it on top of the label already on your box. **Make sure the original label is completely covered.**

### Step 3



Confirm you have **fasted 8–12 hours** and drunk plenty of water. Water is fine, and encouraged, during the fast.

### Step 4



Work somewhere warm on a flat surface, first thing in the morning.

### Step 5



Wash your hands and dry them completely.

### Step 6



If your upper arm is hairy, **shave that patch**. The device has to seal against skin.

### Step 7



Lay everything out neatly within reach, and lift the **Tasso device out of its tray**.

### Step 8



**Twist the cap off the collection tube and press the tube into the device until it seats snugly.** Do this before the device goes anywhere near your arm.

### Step 9



**Activate the heat pad** following the instructions printed on it, then **hold it on your upper arm for 4 minutes** to increase blood flow. Do not skip it or cut it short; it is the difference between a full tube and a wasted kit.

### Step 10



Clean that patch with the alcohol pad and **let it air-dry completely**. Wet skin stops the device sticking.

### Step 11



Peel the **clear cover off the red button**. The device is now ready to go on.

## 2 Collect

up to 10 minutes on the arm

### Step 12



Peel the tab off the device and press it firmly onto your upper arm. Let your arm hang straight down at your side.

### Step 13



Press the button all the way down **once**, using two fingers, until you hear a click. Then let go.

### Step 14



Blood often does not appear for the first one to three minutes. **You do not need to hold it** — the device stays on by itself. Most people feel nothing.

### Step 15



Leave it up to **10 minutes**, or remove sooner once blood reaches the top fill line. Peel the device off from one side — there is no needle in your arm.

### Step 16



Press the gauze pad on for a moment, then swap it for the bandaid.

### Step 17



Twist the tube slightly and pull it down and away from the device.

### Step 18



**Push** the cap straight down until it snaps home. Do not twist it on.

### Step 19



**Gently invert 10 full times.** Turn it over and back, slowly. **Do not shake it** — shaking damages the sample and we will ask you to collect again.

### Step 20

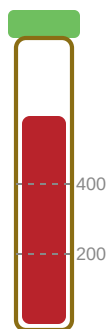


Put the tube inside the **specimen bag** and seal it.



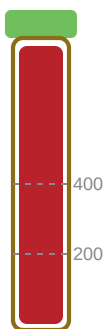
## How much is enough

Minimum



The least we can work with. Below this line there is no margin for a repeat.

Ideal



Filled to the top. This is what we want.

**Short of the lower line? Do not send it.** Call us and we will post another kit at no charge. A sample that is too small is rejected at the laboratory, which costs you a week.



### 3 Pack and send it back

same day if you can

#### Step 21



Write the **collection date and time** on the label on the specimen bag. An unlabelled sample cannot be matched to you and cannot be tested.

#### Step 22



Put the sealed sample bag back into the box and seal it with the included tape. **Double-check the original label is completely covered by the return label** before it goes anywhere.

#### Step 23



Hand it in at any FedEx location, or book a pickup. **Do not put it in a post box.**

#### Step 24



Discard all materials according to local guidelines.

#### Step 25



Wash your hands.

**Send it the same day you collect it, Monday to Thursday.** Never post a sample on a Friday, Saturday, Sunday or public holiday — it will sit in a depot over the weekend.

**Send it the same day you collect it.** The return mailer is **FedEx Priority Overnight** straight to our laboratory in Tampa. A sample that sits over a weekend can age past the point where some tests can be reported.

If you collect late in the day, keep the sealed bag at room temperature — not in a fridge, not in a hot car — and send it first thing.



## Getting your result

**You already have an account.** You set a password when you ordered, so there is nothing to register and no QR code to scan. Sign in at **labxdiagnostics.com** to follow your kit both ways and to read your result when it is ready.

We will let you know the moment it is available. **We never send a result by email** — you are told it is ready and you sign in to read it.

Your result is reviewed and released by the laboratory. It is not a diagnosis on its own and does not replace care from your own clinician.

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**Need a hand? We would much rather you rang than guessed.**

**helpdesk@labxdiagnostics.com** · [labxdiagnostics.com/collect](https://labxdiagnostics.com/collect)

LabX Diagnostic Systems · CLIA-certified laboratory · Tampa, Florida



### **Watch it, or read it on a phone**

Scan for the same instructions on our website, with larger photographs and the full step-by-step. Useful if you are away from this sheet, or if the print is small.

[labxdiagnostics.com/collect](https://labxdiagnostics.com/collect)