

## Shipping Preparation

### When to schedule your shipment

- Ship your sample as soon as possible, preferably within 48 hours of collection. You can ship any day of the week.

### When you are ready to ship

- Ensure that you have provided the following information:
  - Blood Spot Card: make sure that you have filled out all information on the back of the card.
  - Personal Information Form: make sure the form is completed.
  - Pro-forma Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).
- Prepare your shipment:
  - Place the resealable plastic bag(s) along with the completed Personal Information Form into the supplied box.
  - Place the box in the return shipping bag and ship (see Shipping Instruction).



## Welcome To Your Test Kit

You have chosen to do a Fatty Acids Test from Nordic Laboratories which will provide information to help you on your personal health journey.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

In this kit you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email [info@nordic-labs.com](mailto:info@nordic-labs.com).

See how to collect your sample using this link: [nordicvms.com/bloodENG](https://nordicvms.com/bloodENG)

## Check Your Kit

### Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma Invoices (**only included if you are shipping from a non-EU country**)

### Collection Materials

- 1 x Fatty Acid Blood Spot Card
- 2 x Lancets
- 2 x Plasters
- 2 x Alcohol prep pads
- 1 x Sterile gauze pad
- 1 x Resealable plastic bag

If any items are missing or expired, please call +44 (0)15 80 20 16 87 or email [testkits@nordicgroup.eu](mailto:testkits@nordicgroup.eu)

**Please note:** if the collection instructions are not followed carefully, it may lead to delay in the results or re-collection which will involve further costs.



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## Preparation

### Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.

### Prior to collection

- You must fast for 8 hours prior to your collection. Do not eat solid food. Drink only water when necessary.

### When to schedule your collection

- Collect your blood spot sample after an 8 hour fast, before eating or drinking anything (except water).

### If you are taking any supplements

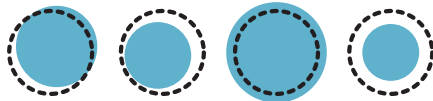
- It is not necessary to discontinue nutritional supplements prior to this test.

## Collection Procedure

### Tips for a successful sample collection

- Do not touch filter paper area with your hands.
- Collect only when your hands are warm. You can warm your hands by rubbing them together and swinging your arms, or rub hands under warm water as this encourages blood flow. Moving around will also increase your blood flow, so try moving around before starting your collection.
- You may use a belt or item of clothing as a tourniquet to encourage blood flow. Tie item firmly around the upper portion of the arm that will be used for collection.
- Preferably stand up and keep your hand at waist level during collection, this will encourage blood flow.
- Allow the blood to drop from your finger onto the card, try not to touch the blood onto the circles.
- Collect enough blood so that ALL circles are completely filled.

Acceptable collection card example



Unacceptable collection card example



## Collection



### Step 1:

Write your full name, date and time of collection on the back of the Blood Spot Card. Also note date and time of collection on the Personal Information Form.



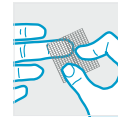
### Step 2:

Before collecting blood, wash and dry your hands with a clean towel and open the sterile gauze pad for later use.



### Step 3:

Position the Blood Spot Card on a suitable surface (below waist level) so the collection circles are facing upwards.



### Step 4:

Select a finger to draw blood from (middle or ring finger of non-dominant hand is typically best). Open an alcohol pad and use it to wipe finger. Allow finger to dry for at least one minute.



### Step 5:

Pick up the lancet and hold the thick end. Twist the narrow tab at the opposite end and remove; the lancet is now primed.



### Step 6:

Press the now exposed white tip firmly against your fingertip to release the needle. Once the needle is released and has made a small puncture in your finger, it will immediately retract. The lancet is then safe to dispose of. Quickly wipe away the first blood drop with the sterile gauze pad.



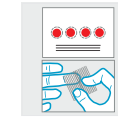
### Step 7:

Using your thumb, gently massage (do not squeeze) the entire length of the pricked finger to form blood drop.



### Step 8:

As the blood drop forms and is ready to fall, let it drop onto the center of the circle. Continue collection until ALL circles on the Blood Spot Card have been filled (to fill all the circles you may have to repeat from step 4).



### Step 9:

When you have filled all circles on the Blood Spot Card blot the finger dry with the sterile gauze pad and then apply a plaster.



### Step 10:

Allow the Blood Spot Card to dry for a minimum of four hours. Once dry, place the card into the supplied resealable plastic bag. Store in a cool dry place until ready to ship.