

Capillary Collection Step-By-Step Instructions

SPECIMEN STABILITY: Specimen draws should be performed from Monday through Thursday only. Samples should be shipped on the same day it was drawn.



Unbox the Capillary Collection Kit.

Within each kit, you will find:

- TAP Micro Select device and heat pack
- Requisition/Lab Test Order Form
- Return Shipping Label and Envelope
- Small biohazard bag containing
 - a) specimen tube (capillary)
 - b) 2 label stickers (tube and biohazard bag)
 - c) alcohol swab
 - d) bandage
- 1 ice pack (freeze flatly for 24 hours)

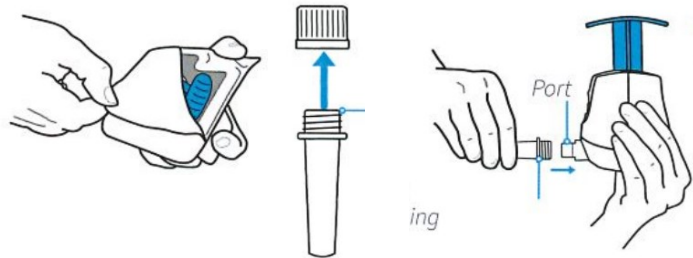
Please hydrate and wash your hands before you begin the blood draw. When you are ready, follow the steps below:

Step 1: Fully fill in the Lab Test Order Form and the two label stickers. Place one of the label stickers on the biohazard bag at this time.



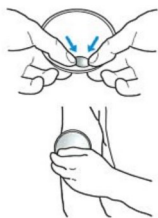
Scan this QR code for a how-to video on using Tap Micro Select or go to: <https://www.youtube.com/watch?v=g2Vhm6Hj64M>

Step 2: Remove the lancet device from its packaging. Unscrew the capillary tube cap and press the tube into the end of the device, ensuring a secure fit.

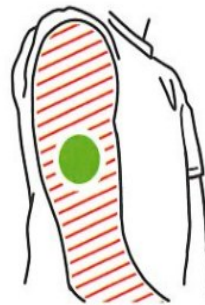


Note: A small gap will remain after tube is installed.

Step 3: Activate the heat pack by bending the coin in the heat pack back and forth. You will hear a click and the gel inside will slightly change color.



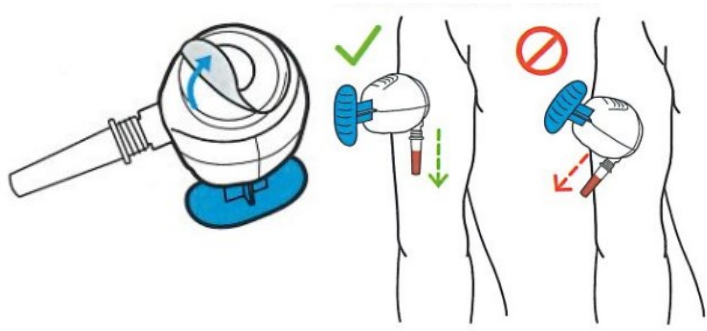
Step 4: Place the heat pack vertically on the upper arm, just below the shoulder for 2 minutes.



Step 5: Use the alcohol swab to wipe and clean the heated area of your arm. Let dry.



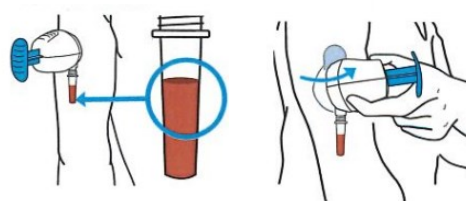
Step 6: Peel the paper off the bottom of the lancet using the tab. Stick the device firmly on the onto the center of the heated portion of your arm with the tube facing down.



Step 7: Keep the device steady on the arm during button push. Push the button hard and push down completely into device until a **click is heard**. After device clicks, take hand completely off the device.



Step 8: After the blood reaches upper fill line or approximately 5 minutes have passed, remove the device by peeling it off your arm. Remove the tube using a gentle pull and



Step 9: Securely press the cap onto the tube. A slight twist may be needed. Wipe and clean your arm and place bandage over the affected area.



Step 10: Place the label sticker on the capillary specimen tube, wrap the insulation fabric around the tube and place the tube into the biohazard bag.

Ensure the following materials are packed in the kit:

- biohazard bag with filled capillary tube
- Filled lab test order form
- One fully frozen ice pack

Pack return kit into the provided shipping envelope and use the supplies return label and drop off your local FedEx or UPS site.

SPECIMEN STABILITY: Specimen must be shipped so it arrives within **72 hours (3 days)** from date/time of collection and within **48 hours (2 days)** from date/time of shipping.

Specimen draws should be performed from Monday through Thursday, to ensure the specimen will arrive at the laboratory within the specimen stability window. Samples should be shipped on the same day it was drawn.

Samples should not be taken from patients receiving therapy with high biotin doses (i.e., > 5 mg/day) until at least 8 hours following the last biotin administration.