

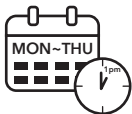
**AT-HOME LAB TESTING**



**HOW TO COLLECT  
THE SAMPLE**

## 1

## When to take the test



The test must be performed during the morning period, from Monday to Thursday, and sent on the same day until 1 pm. Drink 2-3 glasses of water before testing.



If you have one of the kits of the list below, you will need to fast for between 8 and 12 hours:

PANEL	TEST
Cholesterol	Diabetes
Kidney	Heart Health
Liver	Vitamin D
Micronutrients	Vitamin B12
Thyroid	
Women's Health	
Men's Health	



Do not take the test on Fridays or weekends, it may not be accepted by the laboratory for analysis.

## 2

## Activate the test

Before starting the sample collection, you must **activate your kit** at **[www.athomelabtesting.pt](http://www.athomelabtesting.pt)**.



**The laboratory will not be able to process the sample without this activation.**



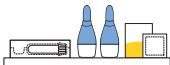
### 3 How to collect the sample

Watch the video on how to collect the sample before starting the test. In the video, you can learn tips for a successful sampling.



Watch the video here

### 4 Test preparation



After opening the box of your kit, lay out all the elements on a plain surface where you will be collecting the sample.



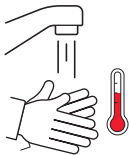
Remove the tube from the holder and close the holder, place the tube in the holder hole, and unscrew the cap.



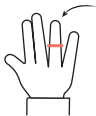
Open the gauze and the alcohol wipe.

### 5 Warm your hands

Exercise your hands lightly and rinse them in warm water for 2 minutes, this helps with greater blood flow for the test.



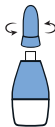
## 6 Preparation for sample collection



For best results, use the ring finger of your left hand for the collection. Avoid using your thumb or little finger, and fingers with injuries or infections.

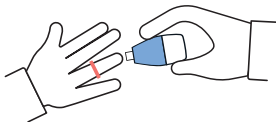


Clean the chosen area to prick with the alcohol wipe and let it dry.



Take the lancet, turn the tip to open it, and get ready to prick.

## 7 Prick the finger with a lancet



The lancet will only prick once. Place your finger on a flat surface and press the lancet against your finger until it clicks.

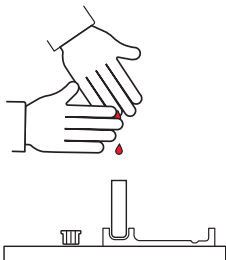


Do not use the first drop of blood. Wipe with a dry gauze.

8

## Collect the blood into the collection tube

From the second drop of blood, put your hand down, place your finger next to the tube, and gently massage it to produce drops of blood.



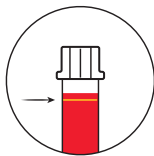
9

## Ensure the tube is filled correctly

Fill the tube up to the top line.

If you are unable to fill with enough blood in a single prick, you can repeat the process with another lancet and prick another finger.

Clean the finger with the dry gauze and put the band-aid on the used fingers.



## 10 Close the tube and shake it to mix

Place the cap on the tube and press down to close until it clicks. Gently turn the tube up and down 10 times.

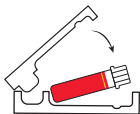


## 11 Identify the tube with the barcode

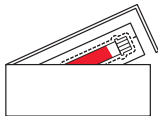
Place the barcode label supplied in the kit around the tube.



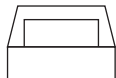
## 12 Send the test



Put the collection tube back into the holder.



Insert the holder into the kit box.



Place the cardboard box inside the shipping envelope provided, which already contains a pre-paid shipping label, and seal it.

# 13 Sending the Kit to the laboratory

The envelope can be delivered to a collection point until 1 pm, or collected from your home by appointment until 1 pm.

The sample must be sent on the same day as it was taken.

**The results are sent by email within a maximum of 2 to 3 working days. If you have any questions, please send an email to: [ajuda@athomelabtesting.pt](mailto:ajuda@athomelabtesting.pt)**

To schedule a collection  
(+351) 218 860 169  
(Call to the national landline)



Check the collection points

HERE



## KIT CONTENTS



1x or 2x

Collection tube\*



3x

Lancets



2x

Band-Aids



1x

Alcohol-free gauze pad



1x

Alcohol wipe



1x

Envelope [pre-paid]



1x or 2x

Tube holder\*

2x or 3x

Labels\*



1x

Quick guide | Instructions for use

1x Label with sample volume warning (attached to the box)

\*According to the kit's reference

## APPLICATION

The At-Home Lab Testing kit is a single-use in vitro diagnostic device for self-collection of capillary blood. This kit is used for the collection, transport and laboratory analysis, of a range of parameters in capillary blood. The use of this kit alone is not appropriate for screening, monitoring, or diagnosis. The kit is a collection device suitable for lay users over the age of 18. There is no automation or quantification involved.

## WARNING AND PRECAUTIONS

The kit should only be used to collect the sample. Do not use the kit for any other function not listed in the instructions and for which the kit has not been validated.

Keep out of reach of children.

Do not use the kit if it is damaged or with some defect.

Do not open the collection tube, until the moment it will be used.

Do not use the kit if it is beyond the expiration date indicated on the outside of the box.

All suspected serious incidents related to the Kit must be reported to the distributor, manufacturer, or the regulatory authority of the Member State in which the user is established, or as an alternative to INFARMED I.P.

## COMPOSITION

The composition of the At-Home Lab Testing kit depends on the clinical analysis requested and is associated with an AHLT reference. Thus, the kit can consist of a BD Microtainer® SST™ capillary blood collection tube (yellow cap) and/or a BD Microtainer® capillary blood collection tube with K2EDTA (purple cap).

The sterile dry gauze, band-aids, and sterile activated contact lancets supplied in the kit are CE marked.

## STORAGE

Do not expose to direct sunlight.

Storage the product between 2°C and 25°C.

The expiration date can be found on the kit label.

## SAFE DISPOSAL OF THE DEVICE AND ITS ACCESSORIES

Dispose according to local legislation.

Reference	Description
AHLT_001	Kit with 1 capillary blood collection tube with K2EDTA (purple cap).
AHLT_002	Kit with 1 serum capillary blood collection tube with separating gel (yellow cap).
AHLT_003	Kit with 1 serum capillary blood collection tube with separating gel and 1 capillary blood collection tube with K2EDTA.



Manufacture



Consult the instructions for use



CE marking. Conformity to Regulation 2017/746 on in vitro diagnostic medical devices



Do not use if package is damaged



In vitro diagnostic medical device



Temperature limit



Use-by date



Do not re-use



Lot code / Lot number



Unique device identification



Catalogue number



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