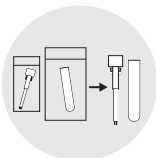


## INSTRUCTIONS FOR SELF COLLECTION

# VERIstic® Collection Device

### STEP 1 Removal



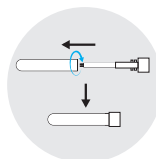
1. Before collection, the capillary portion for sample collection should be removed from the peel pouch without touching the capillary end of the device.
2. The collection tube should also be removed from packaging to prepare for the sample.

### STEP 2 Collect Sample



3. For blood specimen collection from the finger, the capillary portion of the collection device should be used to collect the sample as follows:
  - a. Select your ring or pinkie fingertip and clean the desired puncture site using the alcohol prep pad. The best site for a finger puncture is just off the center of the finger pad.
  - b. Remove and discard the plastic safety end on the lancet by twisting and pulling it (lancet color may vary depending on the test).
  - c. Place your finger against a firm surface. Activate and puncture once. To activate the lancet, press down until an audible click is heard.
  - d. Squeeze your finger, moving from the base of your finger toward the fingertip to draw blood towards the puncture site.
  - e. Blot the first drop of blood on a gauze pad and discard pad.
  - f. Allow a second large blood drop (3-5mm) to form. Feel for the flat side of the VERIstic® and hold this side facing up while placing the VERIstic® tip to the drop of blood forming on the fingertip. Be careful to hold the capillary at a downward angle, allowing gravity to assist in blood collection.
  - g. Repeat this step and collect drops of blood into the collection device by gently massaging your finger. Avoid excessive pressure that may squeeze tissue fluid into the drop of blood.
  - h. Continue to collect blood until the capillary completely fills (the entire length and capacity of the capillary). Filling the capillary will likely require at least 3 blood drops but could require up to 8 or even 10 depending on the individual.
  - i. If two VERIstic® collection devices are included in this kit, repeat directions to fill both devices.

### STEP 3 Seal



4. Remove the cap from the tube and **discard**. You will replace the cap with the capillary in the tube portion of the collection device.
5. Hold the VERIstic® horizontally after collection and when screwing into the transport tube.
6. Carefully screw the VERIstic® into the tube, so that it is completely closed. Make sure the tube is closed tightly. The original tube cap is no longer needed and should be thrown away.

### Collection Tips:

- You should drink plenty of water prior to collecting your sample to ensure hydration.
- Ensure that your hands are warm. You can warm hands by thoroughly rinsing hands in warm water or showering. If you have calluses on fingers, soak hands in warm water to soften the skin before collection.
- You can promote adequate blood flow to the arms by swinging by your side or by exercising beforehand.
- Once your finger is punctured, wipe away the first drop of blood.
- If a blood drop is not forming easily, it's helpful to promote blood flow by massaging from your wrist down to your fingertip.
- The additional lancets can be used if needed but it's recommended to choose a different finger.
- It is recommended to hold the VERIstic® horizontally when inserting into the transport tube.

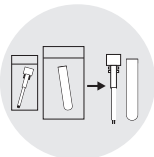
## VERIstic Family

VS-S000001/ VS-S000011 Rhinostics VERIstic®

### INSTRUCTIONS FOR GENERAL COLLECTION

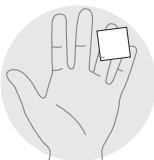
## VERIstic® Collection Device

#### STEP 1 Removal



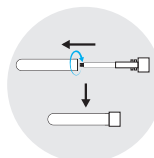
1. Before collection, the capillary portion for sample collection should be removed from the peel pouch without touching the capillary end of the device.
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#### STEP 2 Collect Sample



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#### STEP 3 Seal



4. Remove the cap from the tube and **discard**. Replace the cap with the capillary in the tube portion of the collection device.
5. Hold the VERIstic® horizontally after collection and when screwing into the transport tube.
6. Carefully screw the VERIstic® into the tube, so that it is completely closed. Make sure the tube is closed tightly. The original tube cap is no longer needed and should be thrown away.