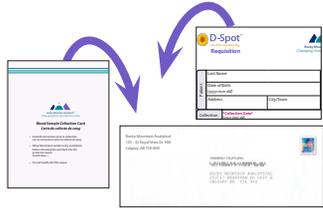
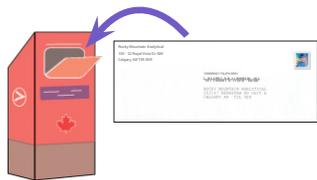


Sending Your Sample

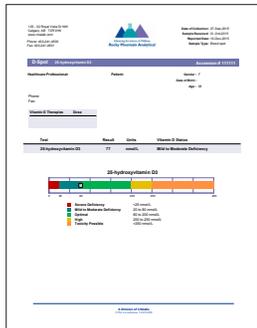


Place the sealed, labelled resealable plastic bag containing your dried blood sample and the completed requisition into the prepaid return mailer.



Seal the prepaid return mailer and drop into any Canadian mailbox.

Getting Results - Sample report as shown



Results will be sent to your healthcare professional approximately seven (7) to ten (10) days after your sample has been received by Rocky Mountain Analytical. Note that the sample may take several days to arrive at the lab.

Please contact your healthcare professional if you have questions regarding your results.

Note: Rocky Mountain Analytical staff do not discuss test results with patients.

Patient Privacy

Privacy Statement: Your healthcare professional's stamp or signature on the requisition is our legal authority for analyzing your blood sample. The personal information you provide is necessary for us to provide a thorough analysis. This information will be stored confidentially and used only for the purpose of analyzing your specimen. Some aggregate data may be used for research purposes. If you have any questions regarding this or any other issue regarding our testing, please contact Rocky Mountain Analytical. info@rmalab.com | P: 403-241-4500 | F: 403-241-4501



Collection Instructions

Important: Read all instructions prior to collecting blood

Before You Begin

- Check contents of the kit. If anything is missing, please contact your healthcare professional.

It's easier to collect blood if you:

- are well hydrated
- wash your hands thoroughly in warm water for at least a minute



Kit Contents

- Requisition form
- Collection instructions
- 1 x Blood spot collection card in a resealable plastic bag (check expiry date)
- 2 x Single use auto-lancet (not for patients under 1 year)
- Alcohol swab
- Adhesive bandage
- Gauze
- Prepaid return mailer

105 - 32 Royal Vista Dr. NW, Calgary, AB T3R 0H9
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www.rmalab.com
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How to Prepare

If you are taking Vitamin D supplements, continue to take them prior to collection. Make sure to document the type of Vitamin D supplement and the dosage on the requisition.

Lab Requisition

Check your requisition to ensure it includes your healthcare professional's signature and bar code label. If either are missing please contact your healthcare professional before sending us your sample.

Complete your requisition with the following:

- Legal name (first and last), address, telephone number(s) **Important: The name on your sample(s) and your requisition MUST match exactly**
- Date of birth (yyyy-mm-dd)
- Gender
- Date and time of collection (yyyy-mm-dd)
- All medication and supplements you are using as they may affect test results

Collection Tips

Collect and Confirm:

- One large drop of blood per circle only
- Minimum 6 circles are filled with blood
- Blood saturates 75% of each circle
- Blood spot card allowed to air dry only
- Blood spot card is completely dry before placing in plastic bag

Avoid:

- Layering blood drops on circles
- Smudging blood onto card
- Touching collection paper with fingers
- Exposing card to direct sunlight, moisture, and artificial heat sources while drying

UNACCEPTABLE SAMPLE



These samples will be rejected

ACCEPTABLE SAMPLE



Remember one drop per circle

Sample Labeling

Use permanent ink ball point pens as other inks are water soluble (e.g. roller ball ink) and may wash off containers or smear.

Complete sample label with the following:

- Legal name (first and last) **Important: The name on your sample(s) and your requisition MUST match exactly**
- Date of birth (yyyy-mm-dd)
- Date and time of collection (yyyy-mm-dd)

Sample Collection

Tip: It is easier to collect blood if you are well hydrated and your hands are warm. Remember to drink lots of water before you collect. Warm your hands by holding a cup filled with warm water for a few minutes.



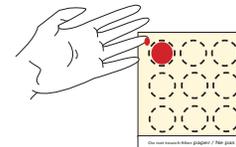
1. Lay out the contents of the kit on a clean surface.



2. Remove the blood spot collection card from the plastic bag. Open the top flap on blood spot card and fold the card so that the circle area is exposed. Tape the card to the edge of a clean surface so that the circles are flat and extend beyond the edge.



3. After wiping finger with the isopropyl alcohol pad and allowing to dry, position the hand upright on a flat surface, with puncture site exposed. Then press the lancet slowly and firmly until an audible click is heard.



4. Firmly wipe away the first part of the bleed with gauze to stop the clotting process and allow for a good blood drop to form.



5. Holding the punctured finger over an unused circle, gently apply a squeeze-and-relax motion until a large hanging drop of blood forms.

6. Let blood drop fall onto the centre of the dashed circle.

7. Bandage your finger. Recap and dispose of auto-lancet.

8. Allow blood spot collection card to air dry completely (this will take several hours). The blood turns a darker colour when it is dry.

9. When the blood is completely dry, package and ship sample.