



# Precision Gut/OxStress Test (Saliva/Urine/Dried Blood)

## COLLECTION & CONTENTS

— FOLLOW INSTRUCTIONS CAREFULLY —  
IMPROPER COLLECTION MAY INVALIDATE RESULTS

### KIT CONTENTS

- 1 – Requisition form
  - 1 – Bio-hazard bag with gauze pad
  - 2 – Gauze pads
  - 1 – Laboratory shipping pack
  - 1 – Blood spot card
- 1 – Prepaid shipping label
  - 1 – Salivette Tube (blue)
  - 1 – Transfer pipette
  - 2 – Lancets
  - 2 – Urine collection cards
  - 2 – Bandages

*Contact Us if any items are damaged or missing*

### Collection Requirements

**DO NOT EAT OR DRINK (besides water) for 30 minutes prior to sample collection of the saliva sample.**

### Shipping Requirements

**Ship samples Monday - Thursday**

### Sample Stability

**Refrigerate saliva at 2-8C and store collection cards at room temperature until shipment. We ask that samples are received within 14 days of collection.**

**A Targeted Approach to Wellness**

[www.PrecisionPointDiagnostics.com](http://www.PrecisionPointDiagnostics.com)



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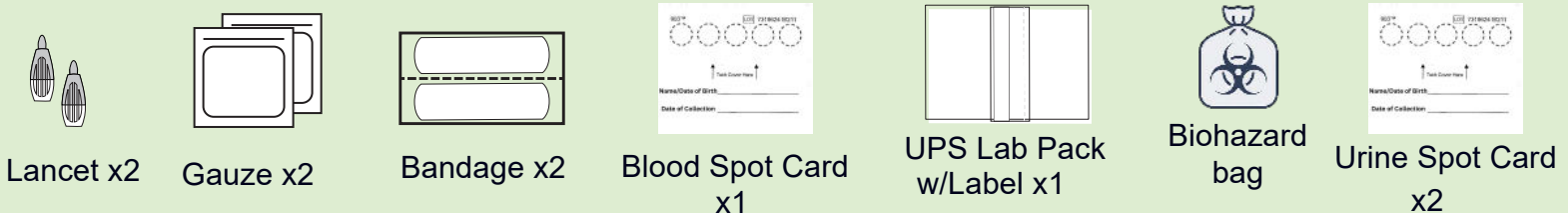


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# BLOOD SAMPLE COLLECTION KIT INSTRUCTIONS

Please read these instructions carefully before collecting your sample.

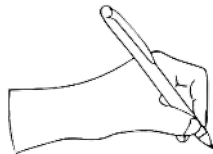
## KIT CONTENTS



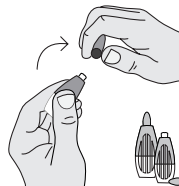
## FIRST, UNPACK AND PREPARE YOUR KIT CONTENTS



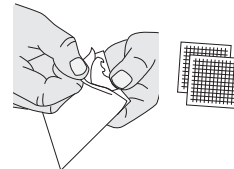
Make sure your requisition is filled out



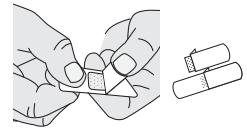
Write name, DOB, and date of collection on spot cards



Twist off lancet caps



Unwrap gauze



Unpeel back of bandage

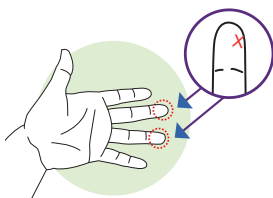
## STEP-BY-STEP INSTRUCTIONS



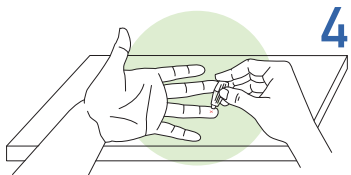
**1 Wash your hands** with warm, soapy water.



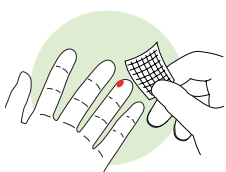
**2 Warm your hands** by rubbing them together. You may also warm your hands by walking, jumping, or any other method you prefer. **Warming your hands is IMPORTANT for good blood flow.**



**3 Select the finger you will use** to provide the blood sample. See illustration for recommended locations off-center of finger midline.



**4 Prick your finger** by laying hand on a hard surface. Position the lancet on the chosen location. Apply firm pressure to end of lancet until a click is heard.



**5 Wipe away first blood drop** with the gauze. A blood drop may take up to 20 seconds to form. If needed, gently massage pricked finger upward until drop forms.

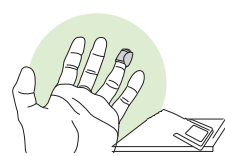
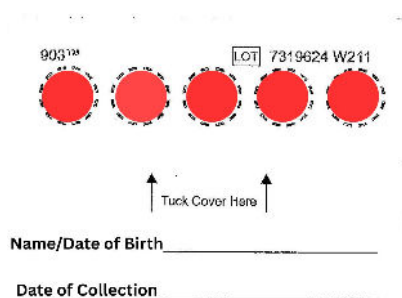


**note** - you may find that wiping away another drop of blood after filling a few sampling tips helps with blood flow.

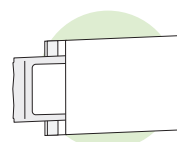


Circles Above Are Incorrectly Filled

**6 Gently massage the finger to produce a large droplet of blood.** Touch the droplet to one circle of the collection card.  
a. **DO NOT** touch the card with your finger.  
b. Allow blood card to dry before putting in bag  
Collect blood in circles on card. Fill all 5 circles completely.



**7 Set Bloodspot Card Down** on hard surface and apply bandage to your finger. Allow all cards to dry for at least 15 minutes.



**8 Insert specimen** into bio-hazard bag.

### Intended Use

A single use, non sterile device used as a container to collect, store and transport blood specimen for research use.

### Intended User

The Microsampling device in a collection kit is designed to be used by laboratory professionals, healthcare professionals, or laypersons.



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**NOTE:** Please review all instructions and collection kit components before starting your sample collection. DO NOT discontinue taking prescription medications unless directed by your physician.

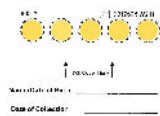
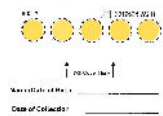
## Specimen Collection Instructions

### Saliva: Blue Top Tube

Do not eat or drink anything, other than water, for 30 minutes prior to collection.

### Saliva Collection (do not freeze)

1. Collect the saliva at any time of day
2. Remove the cap from the tube and remove the cotton plug. Do not remove the suspended insert.
3. Place the cotton plug in mouth and gently chew the cotton for 1-2 minutes until fully saturated. Place cotton back into tube and reseal.
4. Using a permanent marker, write the patient's first and last name, date of birth, and date of collection on the sample tube.
5. Store sample in the refrigerator at 2-8°C until ready to ship. Do not freeze.



### Urine Collection

1. Put name, date of birth and date of collection on two collection cards.
2. Collect urine at any time of day using a clean disposable cup.
3. Using the transfer pipette, saturate circles on two urine cards for urine specimen.
4. Let dry, and store at room temperature until ready to ship

## Shipping Instructions

1. Make sure the specimen tube and cards are properly labeled. With name, date of birth and collection date. **Improperly labeled tubes cannot be processed.**
2. Place the samples inside of the bio-hazard bag and seal the bag. Do not remove gauze pad.
3. Complete Test Requisition Form, fold and place the form within the outer pocket of the bio-hazard bag.
4. Place the bio-hazard bag into the kit box.
5. Seal the envelope and place it inside the kit box.
6. Place the kit box inside the UPS clinical mailing pack.
7. Attach prepaid shipping label. Record the tracking number on the shipping label for your records.
8. Take the package to the shipping carrier's storefront location or call the carrier to schedule a pickup.



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