

COLLECTION INSTRUCTIONS

Your blood collection

This test uses a small blood sample, taken by a trained collector at a pathology collection centre using the tubes in your kit. It only takes a few minutes – then you post the sample back to the lab.

**Done at a collection centre – not at home**

Unlike our at-home kits, this one needs a quick visit to a collection centre so a professional can draw your blood. Take your kit and request form along; you'll post the sample back afterwards.

**Mon–Wed**

so it's not in transit on a weekend

**Fast 8–10 hours**

water only, if your test needs it

**Bring your form**

your i-screen request form

1 Before you go

- ☒ Go on a **Monday, Tuesday or Wednesday**, so your posted sample doesn't sit in transit over a weekend.
- ☒ If your test requires **fasting**, have **nothing but water for 8–10 hours** beforehand – and stay well hydrated.
- ☒ Check that your **details on the request form** are correct.
- ☒ Take **this kit and your original i-screen request form** with you – the form must go back with your sample.

Finding a collection centre

Take your kit to an **i-screen affiliated collection centre** – search for one near you on the i-screen website. There's **no collection fee** to pay at an affiliated centre.

Check your kit

- 1–2 × SST vacutainer (yellow top)
- 1 × specimen transport bag
- 1 × reply-paid transport cylinder
- 1 × request form

2 At the collection centre



For the collection centre

You can show this section to the collector.

- 1 Confirm the patient has **fasted** (if required) and note it on the request form.
- 2 **Label all tubes** with the patient's name, date of birth, and the **date & time of collection**.
- 3 **Draw the blood into the SST (yellow-top) tube(s) supplied in this kit** – the sample must be collected in the kit tubes, and all provided tubes should be filled.
- 4 **Centrifuge** the samples after collection.
- 5 Hand all tubes back to the patient.

3 After your draw



Packing & sending

Back at home, or before you leave.

- 1 Place the tube(s) into the re-sealable section of the **specimen transport bag**, then into the plastic **transport cylinder**.
- 2 Put your **completed request form** into the cardboard cylinder, neatly around the tubes.
- 3 Complete your **Patient Checklist**.
- 4 **Seal the cylinder** and post it back the **same day** via your nearest Australia Post outlet or express post box. Don't remove the **barcode sticker** – note the number if you'd like to track it.

Your results: Once the lab receives your sample, your results and personalised insights appear in your secure i-screen dashboard. We'll email you as soon as they're ready. Unsure of anything? Email us at info@i-screen.com.au.