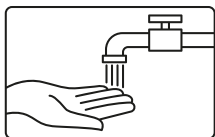


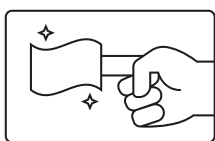
# Omega 3 & 6 - Instructions

1. Please remember to activate your test online before you return your sample otherwise the lab won't be able to process your sample.
2. Have 2 glasses of water 30 minutes before as being hydrated will help your blood flow better.
3. Return your sample on the same day you take. We recommend returning Monday-Thursday to avoid sitting in the post too long.
4. Please apply your URN stickers to the reverse of the blood spot card and to the outer of the clear sample bag.

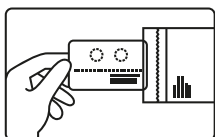
## Step 1 – Preparation & blood collection



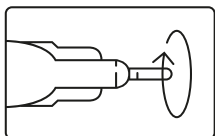
- a.** Wash your hands thoroughly before taking your sample. Now rotate your arm in a circular motion to increase blood flow.



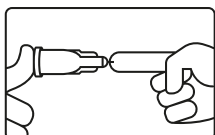
- b.** Disinfect your index or middle finger with the alcohol wipe provided and wait 15 seconds to dry.



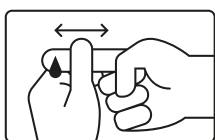
- c.** Remove the blood spot card from the plastic bag. (Do not touch the filter paper in the middle).



- d.** Hold the single use lancet horizontally, rotate the protective cover and remove.



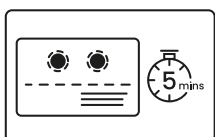
- e.** Hold the lancet against the tip of your selected finger, firmly press the button with your thumb. The lancet will activate with a 'click'.



- f.** Whilst standing up massage the punctured finger to form a drop of blood.

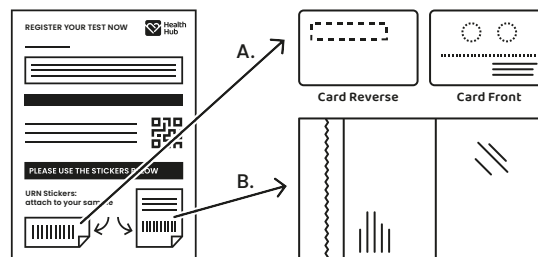


- g.** Allow the blood to drip on to the specified circles on the blood spot card, carefully filling each one.



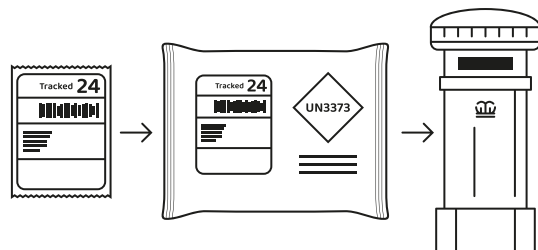
- h.** Do not touch the card with your finger. Allow it to drip instead. Once complete allow 5 minutes for the sample to dry.

## Step 2 – Labelling your blood sample



- a.** Complete the details on your lab sample form.
- b.** Now apply the small barcode sticker 'A' to the reverse of your blood spot card.
- c.** Place the blood spot card into the sample bag provided.
- d.** Apply the larger sticker 'B' to the outside of the sample bag.

## Step 3 – Posting your sample



- a.** Insert your bagged sample back into the UN3373 transport box provided and seal with the security seal sticker.
- b.** Insert the UN3373 transport box into the return mailing bag provided and carefully seal
- c.** Apply the return shipping label to the returns bag. Taking care not to cover the UN3373 symbol.
- d.** Please return your sample on a Monday-Thursday using any Royal Mail priority postbox.

## Before you return your test

Return your sample to the lab on the same day that you take it.

If you need assistance please email:  
[customercare@thehealthhub.com](mailto:customercare@thehealthhub.com)