

Your AllergyCheck kit includes...

instructions for use



1 x antiseptic wipe



1 x plaster



2 x single use lancets



1 x orange collection tube



1 x container tube
(containing absorbent pad)



1 x customer details form
1 x prepaid envelope
1 x pen

YorkTest Laboratories Ltd
York Science Park
York YO10 5DQ
United Kingdom

Freephone (UK): 0800 074 6185
Telephone: +44 (0) 1904 410 410
Email: info@yorktest.com
www.yorktest.com



Company Registration Number: 03570476
YorkTest is a registered trademark. ©YorkTest 2008
YT531 v3 LTD1108

If you are not currently suffering from clinical symptoms, or have been avoiding a known allergen this can affect your AllergyCheck results and may not show up as positive.

Remember to take your blood sample and post it the same day, before midday, between Monday and Thursday.

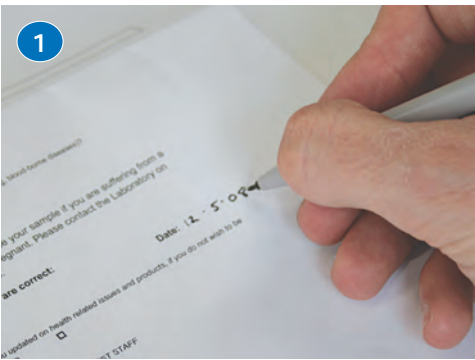
Please read these instructions carefully before starting. If you have any difficulties collecting the sample or if any of these items are missing please contact the Customer Care team on 0800 074 6185 and they will talk you through the process.

CAUTION

1. Keep out of reach of children
2. Should only be used by an adult
3. The lancets are for individual use and should not be shared with others
4. Use caution when handling blood
5. Return lancets in the kit box provided for safe disposal

DO NOT TAKE THIS TEST IF YOU ARE:

1. Suffering from a blood borne disease such as Hepatitis or HIV
2. Under the age of 4 years
3. Pregnant or breastfeeding



Complete the enclosed Customer Details form in your kit box. Take the test between Monday to Thursday only.



Write your name, today's date and the time you took the blood sample clearly on the small label with the pen provided.



Soak your hands in warm water for one minute and dry them thoroughly.



Wipe the top of your finger or thumb with the antiseptic wipe and allow to dry.



Hold the lancet as shown above. Twist off the purple cover on the lancet.



Place the lancet on your finger or thumb and press the purple part of the lancet down. This will release the lancet to pierce your skin quickly.



Hold hand at waist level (or lower than the heart) and massage the finger or thumb from base to tip to produce droplets of blood.



Put the orange collection tube on a flat surface. Hold your finger or thumb directly over the tube to drop the blood in. Keep massaging your finger or thumb from base to tip to produce a few droplets of blood until it reaches the orange line.



Seal the tube firmly by pushing the cap until it clicks shut and shake the tube gently for 5 seconds.



Place the collection tube in the larger container tube and screw shut. This container should include a small absorbent pad – do not remove this. Repeat steps 2 to 10 if you have two orange collection tubes in your kit.



Place the sample(s), used collection tube lid and the lancets (for safe disposal) in the kit box and close.



Place the kit box and customer details form in the prepaid envelope provided and post immediately.

Remember to include your customer details form, without this we cannot process your sample.

YorkTest Laboratories are unable to analyse your sample if you are suffering from a blood borne infection (e.g. Hepatitis or HIV) or if you are pregnant or under the age of 4. Please contact the Customer Care team on 0800 074 6185 if you have any questions regarding this.