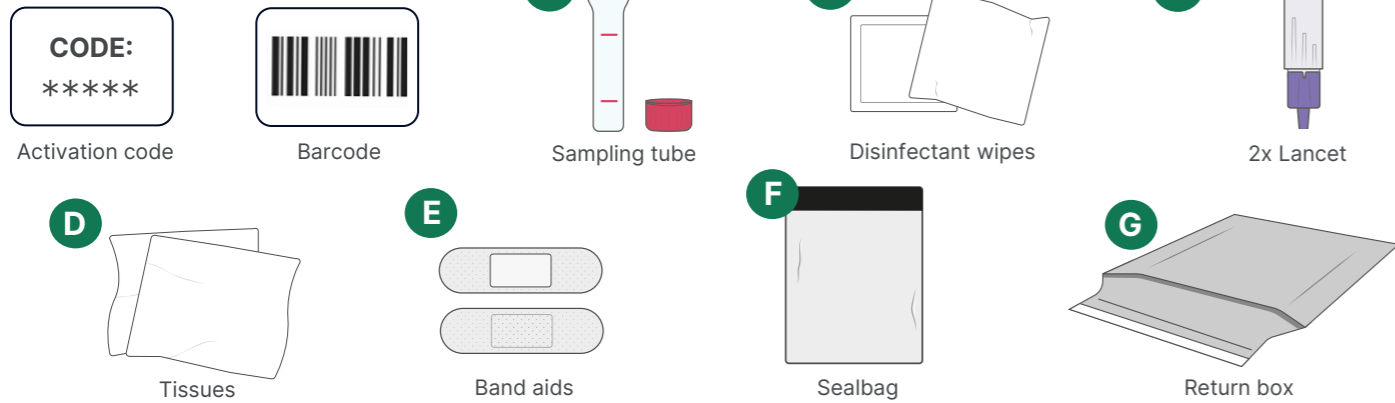


Kit for self-collection of a capillary blood sample, which is then analysed in the laboratory by a screening test for STDs (HIV, hepatitis C as well as syphilis). The test is recommended for all persons at risk of such infection and who are older than 16 years of age, e.g. after sexual contact or other form of contact with body fluids of a possibly infected person. This test must not be used by persons with blood clotting abnormalities.

## Package contents



Do the test in the afternoon on a weekday, so that you can drop your sample in a mailbox before the evening collection time.

## Step 1: Online test activation



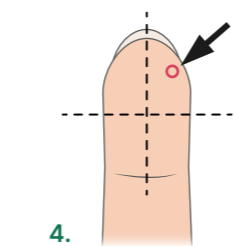
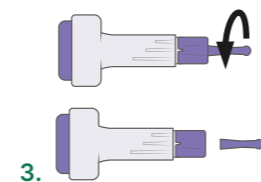
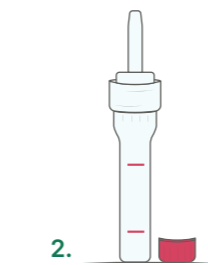
Take the test at the earliest 14 days after sexual intercourse with infection risk.



Enter the enclosed activation code at [360-health.ch](http://360-health.ch) and respond to activation questions.

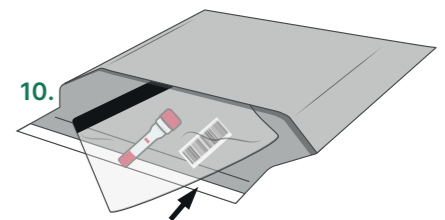
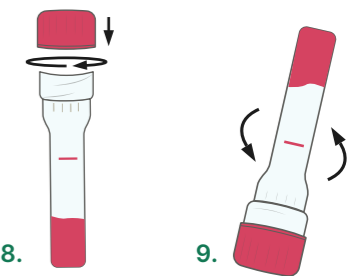
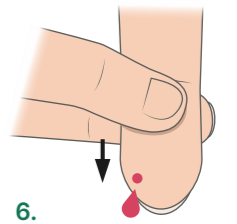
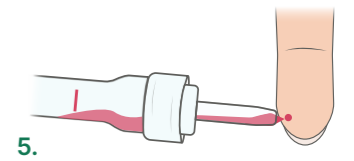
## Step 2: Take your sample

- 1 Wash your hands and wrists with warm water for about 2 minutes to increase the blood flow (see picture 1). Do not rub or clap your hands! This can falsify your results.
- 2 Take the sampling materials **A** out of the test package and place them on a table in front of you (see picture 2).
- 3 Use a disinfectant wipe **B** to disinfect the fingertip of the finger you intend to prick with the lancet. We recommend the ring finger of your non-dominant hand, but you can also use any other finger aside from your thumbs and pinky fingers.
- 4 Remove the protective pin from the lancet **C** by turning the pin to the left and then pulling it off (see picture 3).
- 5 Stand up and press the nail of the disinfected finger firmly onto the edge of a table (fingertip pointing upwards). With the thumb of the same hand apply pressure below the tip of the ring finger so that the skin of the fingertip tightens. With your free hand, press the lancet against the tightened fingertip (see picture 4 for correct placement of the lancet). Press firmly on the lancet until it "clicks".



A small cut is made, which may hurt a little. Stop applying pressure to the fingertip with your thumb and wipe off the first drop of blood with the tissue **D**.

- 6 hold the test tube in a horizontal or slightly inclined position and collect the blood sample in the tube (see picture 5).
- 7 Ensure continuous blood flow using the "fingertip pump": Continue to hold the bleeding finger and pinch the fingertip of your bleeding finger between the thumb & index finger of your free hand. You should be able to apply pressure to the fingertip (skin should tighten). When you apply pressure on the fingertip, a drop of blood should form (see picture 6).  
  
Wait 5-10 seconds to allow more blood to flow into your finger tip. Then apply pressure again.
- 8 Repeat the "fingertip pumping process" until the test tube is filled to between the marking strips. In case you have difficulties collecting enough blood, try to fill the vial with at least 5 drops of blood. Cover the cut with a band aid **E** once you are done. Remove the cap with the capillary tube by turning it to the left and dispose of it (see picture 7).
- 9 Seal the container using the screw-on cap provided (see picture 8). Turn the tube upside down 5 times after closing (see picture 9). Dispose the lancets in a suitable container.
- 10 Put the test tube together with the barcode in the sealbag **F**. Close the bag by pulling off the adhesive strip. Write your last name on the sealbag and pack the bag in the return box **G** (see picture 10). Put the return box in a mailbox before the last collection of the day. In extreme heat or extreme cold, use a protected mailbox or post office for shipping to the laboratory.



## Step 3: Laboratory results

Your results will normally be available 2-3 business days after sending your sample to the laboratory. You will be informed by email when the results are available.



This product is intended for single use only. Do not use the test if the sterile packaging of the sampling tubes or lancets are damaged or if the expiry date (see outer package) of the test has passed. Ask for a new test by contacting us. Underfilling or overfilling the sampling tubes can lead to incorrect analysis results. In case of direct contact of a third person with the blood sample or a puncture injury of a third person with a used lancet, consult a physician, as this may transmit HIV, HCV, HBV or other infectious diseases. Store and transport at 2-25 degrees. Any serious incident related to the device must be reported to the manufacturer.

