

# HormoneRx

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## Instructions for Using the HormoneRX Quick Blood Collection Kit

Welcome to our easy-to-follow guide on how to collect your blood sample at home. Following these instructions carefully is essential to ensure that your sample is accurate and reliable, providing the best possible results for your health assessment. Your kit contains everything you need to safely and effectively collect a blood sample. By taking a few moments to prepare and follow each step, you can help us provide you with the most accurate health information. Please read through the entire guide before beginning your collection process.



## Simple Steps to Ensure Accurate Results

### Step 1:

#### Unpack the Kit

Open the HormoneRX quick blood draw collection kit and arrange all the components.

Follow the steps given in the instruction guide to register your kit



### Step 5:

#### Start the Collection

Press the button on top of the device to begin the blood collection process.



### Step 2:

#### Warm the selected Area

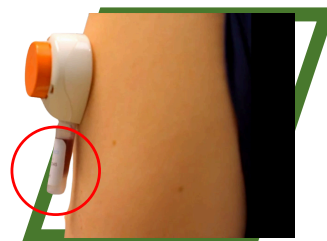
Activate the heating pack by pressing the material inside the pack and apply it to the selected area on your upper arm for couple of minutes. This helps increase blood flow for easier collection.



### Step 6:

#### Wait for Completion

Avoid moving your arm during the collection to ensure accuracy. You might feel a slight sensation or pressure as the blood is drawn. The collection process usually takes 5 to 6 minutes.

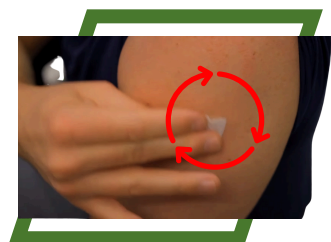


### Step 3:

#### Clean the selected Area

After warming, use the alcohol swab to clean the chosen area.

Allow the area to air dry to ensure it's fully sanitized.



### Step 7:

#### Seal and Shake the Tube

Close the blood collection tube securely with the lid provided.

Gently shake the tube by inverting it upside down to get the blood moving



### Step 4:

#### Position the Device

Connect the collection tube with the device.

Remove the adhesive backing from the HormoneRX Quick device.

Place the device on the cleaned area of your upper arm, making sure it adheres well and is in full contact with your skin.



### Step 8:

#### Prepare the Sample

Follow the kit's instructions to properly prepare the blood sample for shipment.

Secure the sample in the return packaging provided in the kit.



### Simple Steps to Ensure Accurate Results

**Step 9:**

**Send back the sample:**

Seal the return package securely.

Follow the mailing instructions to send the sample back to the lab for analysis



**Step 10:**

**Dispose of the Device:**

Safely dispose of the HormoneRx Quick device and any other single-use materials following local guidelines.



### Tips for best Results

- **Stay Hydrated:** Drink a glass of water before starting to ensure optimal blood flow.
- **Massage Gently:** If blood flow is slow, gently massage your arm.