

## STEP 1



### PREPARING FOR BLOOD SAMPLE

IF YOU ARE UNSURE ABOUT HOW TO PRICK YOUR FINGER, CALL THE HELP LINE

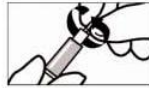
- Read all directions before starting test
- Keep Test Device at Room Temperature (below 86 F or 30 C)
- Open foil pouch only when ready to use.
- First wash your hands thoroughly with soap and water before you obtain the blood sample. Rinse and dry your hands completely before beginning the test.
- Sit down and relax for about 5 minutes. During this time, rub hands together to warm them.
- Select your "middle" or "ring finger." The finger should be warm and callous-free.
- TO INCREASE BLOOD FLOW LET THE LET THE ARM OF YOUR SELECTED FINGER HANG DOWN AT YOUR SIDE FOR AT LEAST 30 SECONDS. If you are right-handed, draw blood from your left hand. (Reverse if left-handed)
- NEVER USE A FINGER STICK THAT HAS BEEN USED BY ANOTHER PERSON
- The area within the measurement scale of the test device should be off-white. If green or yellow call the Syntron Help Line.

Do Not Pull Tab Until STEP 4

## STEP 2



### DRAWING BLOOD SAMPLE



Twist and remove the protective stem from the sterile needle

- Lay selected hand, palm up, against a flat surface.



Apply end (with hole) against side of finger. Press firmly until device activates (clicks)

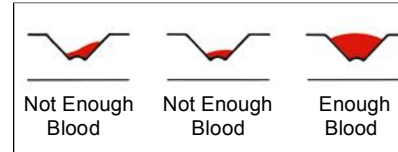
- Activating the finger stick device will take some force. You may feel a slight sting. After the puncture remove the finger stick device.
- With the gauze pad, wipe away the first sign of blood. Blood may not appear until you squeeze your finger.
- Before adding blood to the Blood Well, with your finger pointing down, let your arm hang at your side for 10 seconds to increase blood flow.

## STEP 3



### ADDING BLOOD TO THE WELL

- YOU MUST ADD ENOUGH BLOOD WITHIN 3 MINUTES OF PRICKING YOUR FINGER TO COVER THE BLACK FILL CIRCLE.

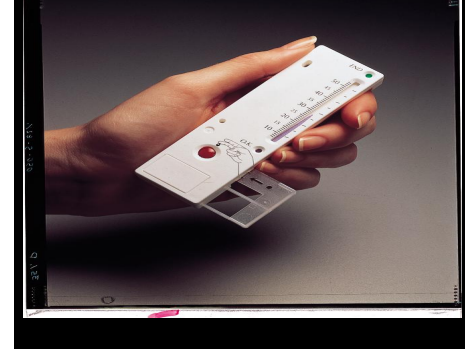


- Point your finger down directly over the Blood Well as shown above. Squeeze your finger from the base to the puncture several times. (Use milking action from the base of the finger) Squeeze and release your fingertip a few times to form a hanging blood drop. Let the drop of blood touch the bottom of the test device Blood Well.
- IF THE BLACK FILL CIRCLE IS STILL VISIBLE, CONTINUE ADDING BLOOD
- Do not worry about adding too much blood
- CAUTION USE YOUR CLOCK OR TIMER ONCE THE BLUE FILL CIRCLE IS COVERED

WAIT AT LEAST 3 MINUTES BUT NO MORE THAN 4 MINUTES BEFORE PULLING TAB (See STEP 4)

Apply the adhesive bandage to your finger while waiting

## STEP 4



### PULL TAB-TAP DEVICE- READ RESULTS

- After waiting hold the test device firmly in your hand. Pull the clear plastic tab on the right side of the test device until you can see the entire arrow. PULL HARD!
- TAP THE TEST DEVICE ON THE SURFACE OF THE TABLE A COUPLE OF TIMES.
- The "O.K." indicator turns blue/purple in about 5 minutes.
- The "END" indicator turns green in about 12 minutes.
- READ THE TEST AFTER BOTH INDICATORS CHANGE COLOR
- READ YOUR RESULTS WITHIN 15 MINUTES
- Read results under bright light. Find the very tip of the blue/purple color bar in the Measurement Scale, even if fuzzy or faint.
- Using the Result Chart, match the number of the column labeled " Test Device Reading" with the number to its right in the column labeled "Cholesterol mg/dL." This is your total cholesterol level.
- IMPORTANT: Only the Venture Total Cholesterol