Complete Thyroid Test

INSTRUCTION LEAFLET

BIOMARKERS MEASURED:

TSH, Free T4, Free T3, and TPO

Paloma

What's in Your Kit?

Let's kick things off by verifying
you have everything you need



SAFETY LANCET



RETURN ENVELOPE



SAMPLE STORAGE BAG



PLASTIC BOX



ALCOHOL PREP-PAD



COLLECTION CARD



ADHESIVE BANDAGE



GAUZE PAD

All in one bag

Before You Start

THE SCIENCE IS COMPLEX,
THIS TEST ISN'T.

- To make sure you can mail back your test on the same day, for optimal results, take your test any day **Monday through Friday.**

- **Cold hands?** Your blood won't flow. Warm them up first! A good time is after a hot shower or washing your hand with warm - hot water for a few minutes.

- Collection isn't working? That is why **you have two lancets** - try again from a different spot. But remember, get the blood flowing first and warm up.

- Make sure **not to squeeze** your finger on or near the actual piercing.

- Don't take **biotin** supplements 24 hours before collecting your sample.

STEP 1

Prepare

- **Hydrate:** It's good to be well hydrated before taking your sample. We recommend a glass of water 30 minutes or so before.

- **Check:** Remove everything from the box and make sure it's all there.

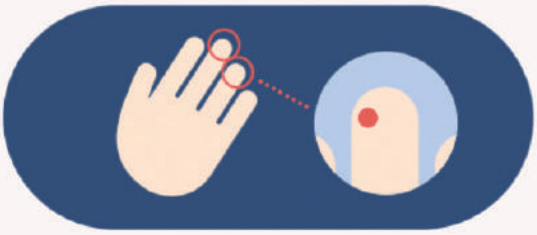
- **Clean & warm up:** wash hands under warm or hot water for at least 30 seconds (2 minutes is great!) and dry hands.

- **Stimulate:** Get the blood flowing by letting your... hand hang at your side for 20 seconds and shaking it back and forth several times.

- **Get ready:** place the collection card on a surface below waist level (let gravity do its job!).

STEP 2

Collect



Select middle or ring finger from your non-dominant hand. Sanitize desired puncture site using alcohol prep pad. Puncture site should be on the side, not middle of selected finger.



Do not allow multiple drops to overlap on same circle. Do not rub or smear drops on card, but instead allow drops to form freely and fall on card.



1. USE LANCET

Twist the long, thin cap off lancet. Press the lancet firmly on side of finger and press the yellow button to activate the device. Wipe away first blood drop with gauze and begin collecting.



2. MASSAGE HAND

Massage your hand firmly, starting from your palm, all way down to the end of your finger, making sure not to squeeze the piercing site itself.



3. COLLECT SAMPLE

Allow blood to drip freely onto circles until all circles are filled. When finished, apply bandage. Label card with your name and date.



4. LET DRY

Leave collection card to dry for at least **30 minutes**. Once the card is dry, close the flap.

STEP 3

Return

Sending your sample is super easy. Once you've mailed your blood sample to us, our lab will process your sample and we will email you once your results are ready.

1) 

Place the collection card inside the sample storage bag and seal it up.

2) 

Place the sample storage bag with collection card inside the plastic box. Next, place the box inside the pre-paid shipping envelope.

3) 

Send us your sample. You may leave your envelope inside your mailbox for collection or take to any US postal service (USPS) facility. Your shipping is prepaid.

QUESTIONS?

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https://palomahealth.co