

Flow Analysis Kit Instructions

<p>The Sample Kit Includes:</p> <ul style="list-style-type: none"> • This Instruction Sheet • A Data Collection Sheet • Return shipping label • Saliva Vial (Labeled S) • Blood Vial with preservative (Labeled B) • Urine Vial (Labeled Urine) • Lancet with orange tab • Plastic Sample Bag labeled biohazard • Shipping box with insulated liner • A chill pack (put in freezer now) 	<p>The Test Instrument Kit includes:</p> <ul style="list-style-type: none"> • A wrist blood pressure cuff; • An infrared digital thermometer; • A small timer. <p>We often pack both together. If you are working with a doctor or care provider, they probably have an instrument kit. If you are doing a self-test, you probably received both kits together in a single package. We charge extra for the Test instrument kit, which you keep for future evaluations.</p>
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More Information

<p>You will need:</p> <ul style="list-style-type: none"> A pencil or pen Shipping tape Enough time to ship samples today. 	<p>Video Tutorial & Support Materials at: http://care.whnlive.com Click Support Menu</p>
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Preparation

Before you start:

1. Freeze the provided cold pack. Cold packing limits thermal changes which can shift data values as the samples age;
2. If possible, don't take any supplements for 24 hours before doing the evaluation. If you can't, just fill in the supplements you take, and the time you took them.
3. Be prepared to gather the physiology information at about the same time as you fill the sample vials. The analysis uses all of the numbers at the same time. Numeric relationships between the saliva, urine and blood pressure are used together, and physiology shifts throughout the day. Try to complete data and sample gathering within 30 minutes.
4. A comfortable place to lie down, with an assistant if needed, which will enable you to stand up while the blood pressure cuff is working. A couch, bed or massage table work well.
5. Do not eat for three hours prior to creating samples.
6. Do not drink anything 30 minutes before creating saliva sample; do not drink anything but water for 2 hours before collecting the saliva sample.

Sample Collection

<p>Urine Sample Collection</p> <ul style="list-style-type: none"> • Urinate into the vial labeled urine; • Or urinate into a glass, and then pour contents into labeled glass bottle; • Firmly seal the lid; • Fill the bottle if possible. 	<p>Saliva Sample Collection</p> <ol style="list-style-type: none"> 1. Do not eat for three hours prior to collecting saliva sample; 2. Do not drink anything 30 minutes before creating saliva sample; do not drink anything but water for 2 hours before collecting the saliva sample. 3. Gather saliva into mouth into pool 4. Drool saliva into small container, labeled S, 5. Please do not "spit" because it creates bubbles which reduce sample volume; 6. Drool until container is at least 2/3 full. 7. Close lid on saliva container 8. Put saliva container into plastic container labeled S&B;
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Blood Sample Collection

The kit includes:

- A disposable lancet;
- A small plastic microtainer with a small amount of white powdered preservative, labeled B;

Lance your finger:

1. Find the lancet, usually packaged in the plastic container labeled S&B (Saliva and Blood);
2. The lancet is grey, with a flat tab extending out one end.
3. Push the tab into the grey housing until the trigger mechanism locks and remains inside. Don't put your finger on the trigger mechanism or the trigger will not set. In rare cases (often when reusing) pushing on the opposite side of the trigger sets the internal release mechanism;
4. Twist the red/yellow tab to remove the point cover. Set aside in case you need to "cock" the mechanism again;
5. Place the dimpled end on a clean & dry finger;
6. Push the trigger mechanism on the lancet;
7. When the trigger releases, the spring mechanism pushes a pin into your finger;
8. The pin should enable blood to drip into the container;
9. If the lance does not penetrate, use the point cover to push the pin back and re-cock the mechanism – and repeat the lance with more pressure on the finger;
10. When blood starts to flow capture blood into the microtainer labeled "B";
11. Note the black mark on the microtainer. Fill the container to this mark by squeezing upward on your finger to push blood out until the container reaches the indicated level;
12. If you stop bleeding too soon, relance, the same or another finger and repeat. Filling the container takes between 10-15 drops of blood. Too little blood in the container enables the sample to dry before it reaches our lab.
13. Close the microtainer and place back in the plastic container labeled S&B;

Shipping

1. Put the saliva, urine and blood microtainers into the plastic sample bag;
2. Put bag with the samples into the Styrofoam container;
3. Put Chill pack into the shipping container on top of samples;
4. Close the thermal package;
5. Put the folded datasheet, signed alliance membership form, and physiology survey, and any medical records you want included in your file. You can also put paper inside the sample box if you need extra space.
6. Close the cardboard box and tape closed;
7. Tape the return shipping label onto the closed cardboard box;
8. Take to your local FedEx, USPS or UPS shipping outlet, or schedule a pickup;
9. Ship second day or express, so that the samples arrive by Thursday.