



1

Wash your hands.



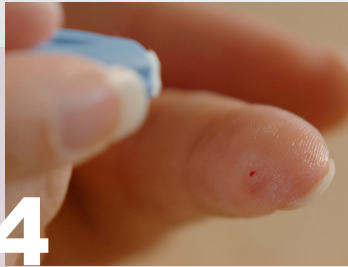
2

Dry and warm hands, 2 to 5 minutes.



3

Put the bloodcollectingtube in the stand.



4

Decide the spot to puncture.



5

Move the blood to the fingertip by massage.



6

Disinfect and apply a thin layer of Vaseline on the puncture site.



7

Remove the cap from the medical pricker.



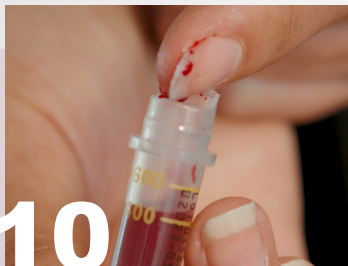
8

Firmly press the prickertop on too the puncture site.



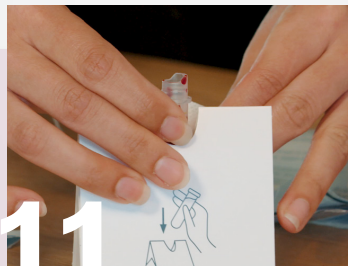
9

Massage the blooddrops into the tube.



10

Fill the tube to at least between the mark(s).



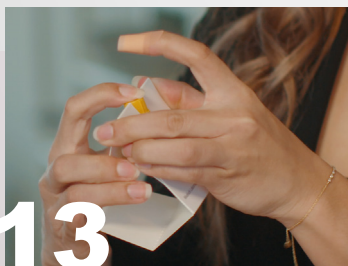
11

Close the tube and swivel it carefully a few times.



12

Put a plaster on the puncture site.



13

Push the sample further into the stand.



14

Secure your blood sample in the seal bag and close it.



15

Put the seal bag with the Labform in the sending envelope.

16. Send the envelope to us by postal box or drop it off at a postoffice point.

