

# Omega-3 Index

## COLLECTION INSTRUCTIONS

Please read these instructions carefully before beginning.

1. **Remove all components from the envelope.** Leave the desiccant packet in the small plastic bag.
2. **Fill out the information requested** on the sample collection card and on the Test Request Form
3. **Wash hands thoroughly with warm water.** Then hold your arm down at your side for 20 seconds to increase blood flow to the fingers.
4. **Collect the sample.** Open the alcohol wipe and clean the side (not the pad or tip) of your finger you plan to use, typically the middle or ring finger. Wipe away the excess alcohol with the cotton ball.

Twist off the blue protective lancet cover (Figure 1). Place the lancet device firmly on the side of your clean finger and quickly press downward into your finger (Figure 2). This will release a small spring-loaded needle and you will feel a faint sting.

Allow the blood to collect on your finger until a drop forms (Figure 3). If needed, lightly squeeze your finger to form a drop.

Before the blood drop naturally falls, lightly touch it to the center of the sample collection paper (Figure 4). When finished, apply pressure to the finger with the cotton ball to stop bleeding; apply adhesive bandage if you wish.

5. **Let the blood spot dry for 15-20 minutes.** Once the spot is dry, fold the collection card flap so it covers the blood spot.
6. **Immediately place the sample collection card in the plastic bag with the desiccant packet and seal the bag.** Then place the bag with the Test Request Form in the return mail envelope included.
7. **Mail the sample back** to OmegaQuant on the same day you collect it.
8. **Discard the lancet and other supplies in the trash.**
9. **Receive your report** by email within 5 days of receipt at the laboratory.



FIGURE 1



FIGURE 2

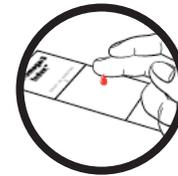


FIGURE 3



FIGURE 4



15 min

