

Blood Collection Examples



A good example of the amount of blood for each circle.



It's ok for the blood spot to not be entirely within the dotted lines.



Each blood spot doesn't have to fill the circle exactly.



This would not be enough blood to analysis.



Do not press your finger onto the collection card.



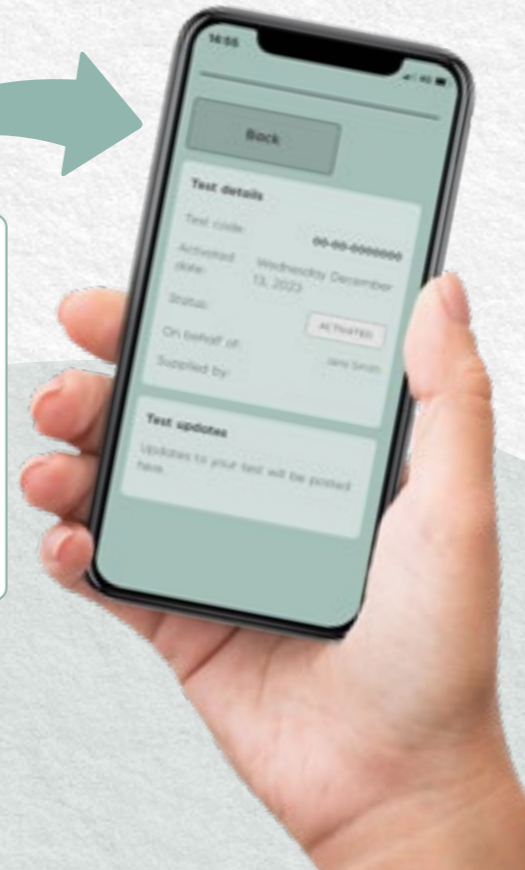
Do not place more than one droplet in each circle.

Checklist

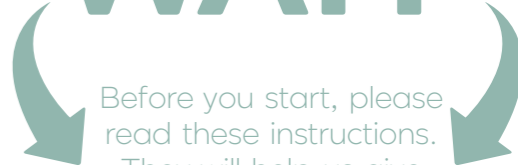
- I have read all the instructions carefully.
- I have followed the tips to help improve blood flow.
- My dried blood spot looks like the correct examples provided, and I have ensured not to press my finger down on the collection card.
- I have activated my test on the portal.

What next?

Following recommendations either from the report or a health professional, re-test in 3-6 months to assess your progress.



WAIT



Before you start, please read these instructions. They will help us give you accurate results.



Start your journey to optimal health

Follow this guide and use our checklist to ensure that you get the best results.



1

Preparation

Collect your sample first thing in the morning before breakfast.

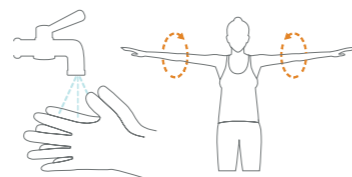
Organise your kit contents on a flat surface.

Tips to help improve blood flow:

Drink a glass of water 30 minutes before taking the sample.

Wash your hands in warm water for 2 minutes.

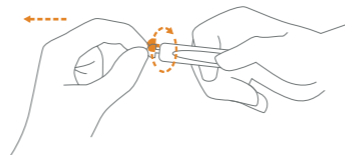
Do some gentle exercises, such as arm circles.



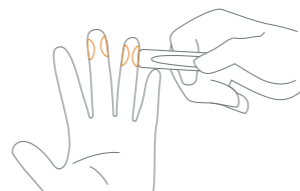
2

Drawing Blood

Twist and pull the cap off the lancet. Be sure not to press the button.



Hold the end of the lancet against the side of your finger and press the activation button.



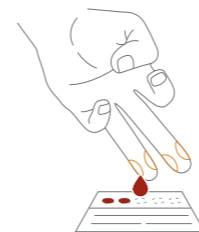
Clean away the first sign of blood with the sterile wipe.

3

Sample Collection

Place a single drop of blood within each circle on the sample card.

Be sure not to press your finger on the sample card. Instead allow a droplet to form and fall onto the card.



When all collection circles are complete, leave the card to dry for 10 minutes.

4

Activation

While the sample is drying, activate your kit on the portal using the unique activation code on the sample card at:

portal.nevos.com



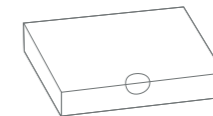
Important: We cannot process samples unless they have been activated.

5

Seal and Return

Once dried, place the sample card and desiccant inside the resealable bag.

Place the bag into the return box and seal it using the sticker.



Drop the box off at any Royal Mail post box. The return is pre-paid.

VIDEO INSTRUCTIONS

To watch a guide on how to take a successful dried blood spot sample, either visit the link or scan the QR code below:



Scan me



youtube.com/@NeoVos

