



How to collect your sample

At-home blood collection · Tasso press-on device · no needle, no fingerstick



Read this all the way through before you start. It takes about **twenty minutes**, and most of that is waiting — four minutes warming the arm, then up to ten while the device fills on its own. The **Tasso device** presses onto your upper arm and draws the sample itself: no needle, no finger to prick.

Three things decide whether your result is usable. Do these first.

- 1. Fast for 8 to 12 hours.** Water is fine and encouraged. No food, no milk in your coffee, no juice. Several markers on your panel cannot be read correctly on a fed sample.
- 2. Be well hydrated.** Water the evening before and a large glass on waking. This is the biggest single thing you control that decides how quickly the tube fills.
- 3. Collect first thing in the morning** — before you eat, and before any medication or hormone dose.

When to collect — this matters as much as the fasting.

Collect Monday to Thursday, and post it back the same day.

Do not collect on a Friday, Saturday, Sunday or a public holiday, and avoid the days either side of a holiday.

The return mailer is overnight, but couriers do not move samples over a weekend or a holiday. A sample collected on the wrong day sits in a depot, and blood that has sat too long has to be rejected — which means collecting all over again.

If you are not sure whether a week is affected, leave it until the following Monday. **The kit keeps.**

1 Prepare

about 8 minutes, 4 of them warming

What is in your kit — check all nine before you start.

Heat pack · alcohol swab · collection swab · collection device (FDA 510(k)-cleared) · gauze · bandage · sample bag · FedEx return label · these instructions.

If anything is missing or damaged, stop and call us before you collect. A sample collected with a part missing usually cannot be run.

Timing matters more than anything else here.

If you take **hormone therapy** of any kind — cream, gel, patch, injection or tablet — collect **before your next dose**, not after.

If your panel includes hormones and you have periods, **write down the first day of your last period** and tell us when you register the sample. Hormone results cannot be read correctly without it.

Step 1



Read these instructions all the way through before you start, and check your kit has everything listed. If anything is missing, stop and call us — do not collect with a part missing.

Step 2



Take the **FedEx return label** out of the kit and stick it on top of the label already on your box. **Make sure the original label is completely covered.**

Step 3



Confirm you have **fasted 8–12 hours** and drunk plenty of water. Water is fine, and encouraged, during the fast.

Step 4



Work somewhere warm on a flat surface, first thing in the morning.

Step 5



Wash your hands and dry them completely.

Step 6



If your upper arm is hairy, **shave that patch**. The device has to seal against skin.

Step 7



Lay everything out neatly within reach, and lift the **Tasso device out of its tray**.

Step 8



Twist the cap off the collection tube and press the tube into the device until it seats snugly. Do this before the device goes anywhere near your arm.

Step 9



Activate the heat pad following the instructions printed on it, then **hold it on your upper arm for 4 minutes** to increase blood flow. Do not skip it or cut it short; it is the difference between a full tube and a wasted kit.

Step 10



Clean that patch with the alcohol pad and **let it air-dry completely**. Wet skin stops the device sticking.

Step 11



Peel the **clear cover off the red button**. The device is now ready to go on.

2 Collect

up to 10 minutes on the arm

Step 12



Peel the tab off the device and press it firmly onto your upper arm. Let your arm hang straight down at your side.

Step 13



Press the button all the way down **once**, using two fingers, until you hear a click. Then let go.

Step 14



Blood often does not appear for the first one to three minutes. **You do not need to hold it** — the device stays on by itself. Most people feel nothing.

Step 15



Leave it up to **10 minutes**, or remove sooner once blood reaches the top fill line. Peel the device off from one side — there is no needle in your arm.

Step 16



Press the gauze pad on for a moment, then swap it for the bandaid.

Step 17



Twist the tube slightly and pull it down and away from the device.

Step 18



Push the cap straight down until it snaps home. Do not twist it on.

Step 19



Gently invert 10 full times. Turn it over and back, slowly. **Do not shake it** — shaking damages the sample and we will ask you to collect again.

Step 20

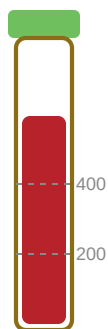


Put the tube inside the **specimen bag** and seal it.



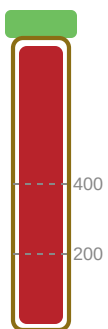
How much is enough

Minimum



The least we can work with. Below this line there is no margin for a repeat.

Ideal



Filled to the top. This is what we want.

Short of the lower line? Do not send it. Call us and we will post another kit at no charge. A sample that is too small is rejected at the laboratory, which costs you a week.



3 Pack and send it back

same day if you can

Step 21



Write the **collection date and time** on the label on the specimen bag. An unlabelled sample cannot be matched to you and cannot be tested.

Step 22



Put the sealed sample bag back into the box and seal it with the included tape. **Double-check the original label is completely covered by the return label** before it goes anywhere.

Step 23



Hand it in at any FedEx location, or book a pickup. **Do not put it in a post box.**

Step 24



Discard all materials according to local guidelines.

Step 25



Wash your hands.

Send it the same day you collect it, Monday to Thursday. Never post a sample on a Friday, Saturday, Sunday or public holiday — it will sit in a depot over the weekend.

Send it the same day you collect it. The return mailer is **FedEx Priority Overnight** straight to our laboratory in Tampa. A sample that sits over a weekend can age past the point where some tests can be reported.

If you collect late in the day, keep the sealed bag at room temperature — not in a fridge, not in a hot car — and send it first thing.



Getting your result

You already have an account. You set a password when you ordered, so there is nothing to register and no QR code to scan. Sign in at **labxdiagnostics.com** to follow your kit both ways and to read your result when it is ready.

We will let you know the moment it is available. **We never send a result by email** — you are told it is ready and you sign in to read it.

Your result is reviewed and released by the laboratory. It is not a diagnosis on its own and does not replace care from your own clinician.

Need a hand? We would much rather you rang than guessed.

helpdesk@labxdiagnostics.com · labxdiagnostics.com/collect

LabX Diagnostic Systems · CLIA-certified laboratory · Tampa, Florida



Watch it, or read it on a phone

Scan for the same instructions on our website, with larger photographs and the full step-by-step. Useful if you are away from this sheet, or if the print is small.

labxdiagnostics.com/collect