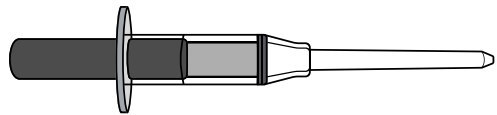


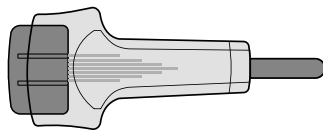
Rhelise™ Kit



This kit includes pipette, lancet, pipette, barcode, vial with extraction solution, plaster, and return envelope



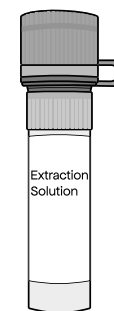
Pipette



Lancet



Barcode



Vial with extraction solution

01 - PREPARATION

Tips

1. Read the instructions before you begin sampling.
2. If possible, take the sample in the morning and post it the same day.
3. Undertake some gentle exercise to increase the blood flow.

Set Up

1. Open the kit and fold in the box's tabs into the slot behind the equipment holder, turning it into a triangular stand.
2. Take out lancet and pipette.
3. Take out vial and place upright in equipment holder.

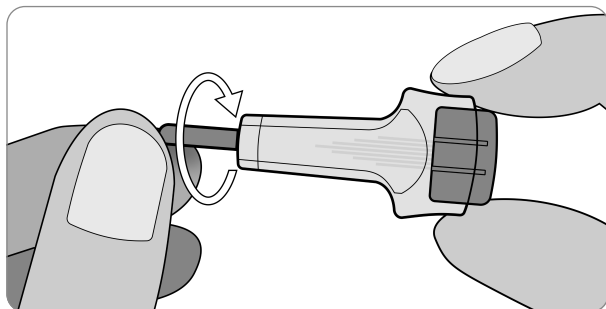
Select Finger

1. Wash the hands to increase blood flow.
2. Place the selected finger for sampling under the heart and massage the hand and finger carefully to increase blood circulation.
3. Optional: Wipe finger with an alcoholic wipe (not included).

02 - COLLECT SAMPLE

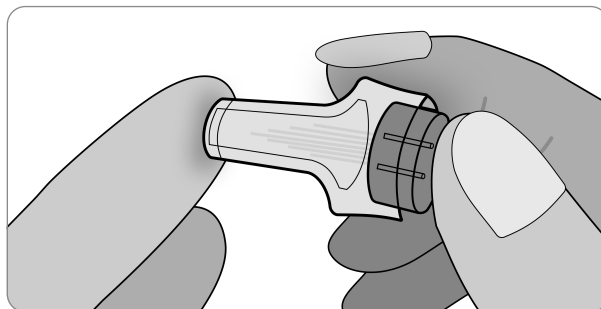
Using the lancet

1. Twist off the protective cap on the lancet.
2. Place the open part of the lancet gently on the centre of the fingertip.
3. Activate the lancet by pressing the button. A click is heard when the lancet is activated, making a small puncture in the fingertip.



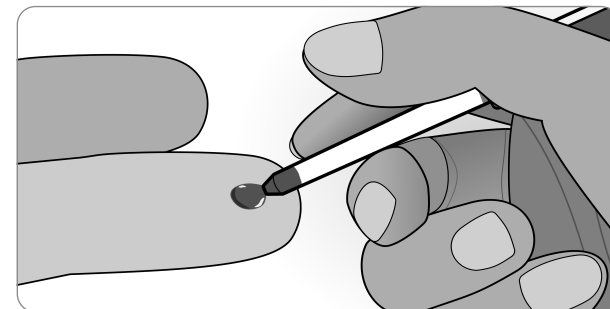
Using the pipette

1. Wipe away the first drop of blood. Press firmly on the finger to increase blood flow.
2. Hold the pipette horizontally against the finger. *Note: Do not cover the hole on the top of the pipette.*
3. Continue until the pipette is filled with blood up to the white filter line.



4. Open the upright vial and empty the pipette into the vial. Do this by covering the hole on the top of the pipette and pressing out the blood sample onto the wall of the vial.
5. Screw on the vial's lid and shake vigorously for 30 seconds.

Tip: If the blood flow stops, wipe your finger with a clean napkin and squeeze again.



03 - PACK AND POST

1. Apply the barcode label on the vial and keep the second barcode for your reference.
2. Place vial in the equipment box.
3. Place the used lancet and pipette back in the equipment box.
4. Put the equipment box in the return envelope. Post to the laboratory address on return envelope.

Note: If possible, post the sample in the return envelope the same day.

EXTRA SUPPORT

For additional clarity, please see Sarstedt instructional video

<https://bit.ly/tamoxifen-sampling-kit>