

BLOOD COLLECTION INSTRUCTIONS

pink or blue® *The Early Gender Test*

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CAUTION: THIS TEST IS BASED ON THE DETECTION OF MALE SPECIFIC DNA AND IS VERY SENSITIVE. DO NOT LET A MALE INDIVIDUAL HANDLE THE BLOOD CARD OR HELP IN ANY WAY WITH SAMPLE COLLECTION.

Questions: Call toll-free 1-866-6-WHAT-R-U (1-866-694-2878)

Health Support Specialists available:

Weekdays 8:00 am – 5:00 pm PST Weekends 10:00 am – 4:00 pm PST

Or visit our website 24/7 for answers to common questions.

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www.tellmepinkorblue.com

Read instructions completely before collection your blood sample.**Precautions and Limitations**

Failure to follow all instructions may affect the accuracy of the test results. ❖ Once you have collected your blood sample do not store the sample at or above 50 degrees C or 122 degrees F for more than 12 hours. ❖ Not intended for use by hemophiliacs or those persons taking medications that thin the blood (anticoagulants). ❖ Use the provided lancets on only one individual per test kit. Never use a lancet that has been used by another person. Keep out of reach of children. Lancets can be discarded as regular trash.

❖ KIT CONTENTS:

- ✓ Blood Collection Instructions
- ✓ Laboratory Authorization Form & Claim Check
- ✓ Pregnancy Test
- ✓ Spring-loaded Lancets
- ✓ Alcohol Prep Wipes
- ✓ Sterile Bandages
- ✓ Blood Sample Return Pouch (containing FTA Blood Collection Card)
- ✓ Preaddressed, Prepaid Envelope

I. PREPARE KIT

Break the seal and carefully pull the kit tray from the kit box and place on a clean dry surface.

If you have not confirmed your pregnancy, please do so with the pregnancy test included. Please follow instructions with the test package.

Wash your hands thoroughly with soap and dry on a paper towel. House cloth towels might have male DNA contamination

Lay out the lancets, alcohol swabs and bandages. Remove the Blood Collection Card from the pouch and place it on a clean surface.



2. REMOVE CAP FROM LANCET

There are two types of lancets, the orange & black one marked "Low Flow" (2-3 Drops) and the pink & blue one marked "Med Flow" (4-5 drops). With most people, the "Low Flow" is sufficient for this gender test. However, if you have difficulty getting enough blood collected on the card, you should use the "Med Flow" lancet. Twist the plastic protection cap from the lancet and discard. Once the cap is removed do not touch the exposed surface of the lancet until you are ready to use.



3. CHOOSE FINGER

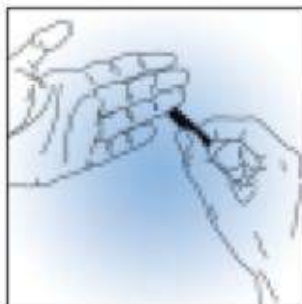
Choose either the "middle", "ring" or "pinky" finger of your non-dominant hand. It should be clean and warm.

Rub hands together for 10 seconds and then allow arm with selected finger to rest at your side for 30 seconds. Standing may also help your blood flow more easily.



4. CLEAN FINGER

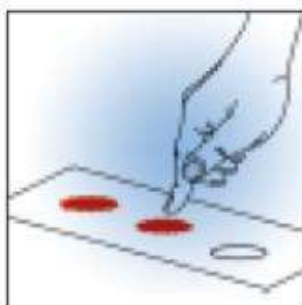
Tear open the alcohol swab and take out the wipe. Select an area on your finger; preferable the side of the finger where the skin is less tough. Clean the selected area by rubbing against the wipe. Let the alcohol on your finger dry completely before proceeding.

**5. PRESS LANCET FIRMLY ON FINGER**

Holding the lancet steady against the selected area on your finger, press the release button until it clicks. You may feel a slight sting when the lancet is launched. Observe the finger to see if blood is flowing from the prick. The prick might not be apparent at first. It may be necessary to massage the finger from the base up to the prick site to produce the first drop of blood.

**6. GENTLY MASSAGE ARM, HAND & FINGER**

Hold finger down over the circle on Blood Collection Card but DO NOT touch the circle. Gently massage the arm starting at the elbow and working down to the wrist and down to the base of the finger to produce blood. DO NOT squeeze just the finger as this blocks blood flow.

**7. COLLECT BLOOD ON THE BLOOD CARD**

When a large and full hanging drop of blood is formed, allow blood to drop into the circles or carefully touch inside the circle with the drop only (not the finger). Continue to apply blood drops onto open areas of the circle until they are completely covered. After filling the circles completely, clean finger with the alcohol wipe and apply the adhesive bandage to your finger.

FAILURE TO FILL THE CIRCLES COMPLETELY WILL RESULT IN A SAMPLE INSUFFICIENT FOR TESTING.

Valid Specimen**Invalid Specimen****8. DRY BLOOD SPOT**

Allow Blood Collection Card to air dry in a clean, dry area for at least 30 minutes. Do not allow Blood Collection Card to be exposed to direct sunlight or extreme temperature or humidity.

Once dried and without touching the filter paper, insert the card into the Blood Collection Pouch. Finally, remove the protective paper to expose the adhesive strip and seal the pouch.

9. COMPLETE LAB AUTHORIZATION FORM

Please select which way you would like to receive your test results, then sign and date the form.

If you have not already paid for your lab service, you can do so online at www.tellmepinkorblue.com. Remember to check Standard or Express. You can also pay by calling 1-866-WHAT-R-U Weekdays 8:00 am – 5:00 pm PST Weekends 10:00 am – 4:00 pm PST. Or you may enter your credit card information on the Lab Authorization Form and we will charge your credit card upon receipt of your sample.

10. SAVE YOUR CLAIM CHECK!

With your Lab Authorization Form is a claim check with TWO DIFFERENT ACCESS CODES. Tear off and save this form for your records. You may use these access codes online to check the status of your order, or to find out your test results.



II. MAIL YOUR BLOOD SAMPLE

Place the completed Lab Authorization Form and sealed Blood Collection Pouch into the preaddressed, prepaid shipping envelope. Drop off at any FedEx drop box or pick up site.

Don't expose the blood sample to hot temperature, such as in a window or the dashboard of your car. This may cause degradation of the sample.

CLEAN-UP

Lancets and all other used materials can be disposed of as daily household trash. Do not reuse the lancets. They are designed to be used only once.

YOUR TEST RESULTS

We will process your test once the blood sample is received and payment is confirmed. You will receive the test results in the way that you specified on your Lab Authorization Form.

All materials and products provided by Consumer Genetics, Inc. are provided for informational purposes only. Consult with a physician, or health care provider regarding any questions pertaining to fertility, pregnancy, breastfeeding, baby care, etc. This service should not replace a woman's visit to a doctor during pregnancy for ultrasounds and other pregnancy related tests.

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