



Instructions For	Kraft Prediabetes Profile (bloodspot)
When to Ship	Anytime
Observed Holidays <i>*Do not ship the day before an observed holiday</i>	New Years Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day and following day, Christmas Day.
Notes for this test:	Due to a risk of occasional low blood glucose reactions, we strongly recommend performing the test procedure under the supervision of a health care practitioner.

Kit Contents	
6 Plastic Bags, <i>each containing:</i>	1 bottle of glucose
<ul style="list-style-type: none"> 1 bloodspot card 2 lancets 1 alcohol wipe 1 cotton ball 2 bandages 	1 pair of gloves
	1 biohazard bag
	1 UPS Envelope

Collection Considerations

1. Begin by FASTING 8-12 hours before performing the test. It is easiest to start after an overnight fast.
2. Transportation assistance to and from your chosen health care facility may be necessary as some people experience nausea, faintness, and/or weakness from fasting and after specimen collections.
3. Bring the entire kit contents with you to your practitioner’s office.
4. Inspect the kit contents (see list above) and lay, them out on a flat surface.
5. Locate the yellow label on each bloodspot card, indicating proper time for use. Collect the bloodspot specimen 6 times according to the following intervals: fasting, 1/2 hour, 1 hour, 2 hours, 3 hours, and 4 hours. The 5 collections after fasting are timed according to the completion of consuming the glucose beverage.
6. Write your name and record the date and time on each bloodspot card.

Helpful Hints

1. Have a protein rich meal the evening before collection.
2. Drink a large glass of water approximately one hour before collection. Drinking water is encouraged throughout the 4-hour collection period.
3. Rub your hands together until they feel warm. Keep your fingertips down while rubbing to encourage blood flow.
4. Collect while standing.
5. After 3rd hour, drink warm water if you feel weak or shaky.
6. Fill the all 5 collection circles. Do not overlap, this will result in a rejected sample.

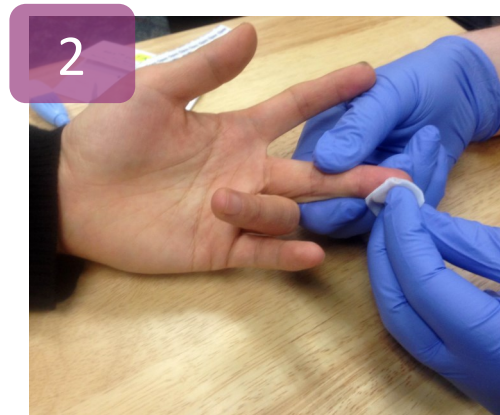
Collection Instructions



1

Take out “fasting” collection bag. Write name and collection date on bloodspot card where indicated.

Fold back cover of blood spot card to reveal 5 collection circles, and lay on a flat dry surface.



2

Make sure the patient’s hands are warm before beginning this step. Warm hands encourage blood flow.

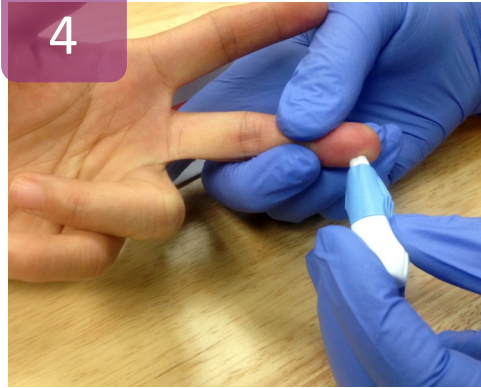
The practitioner or assistant should wear the provided gloves. Use the alcohol wipe and thoroughly clean fingertip of the chosen finger. Let it dry before moving onto the next step.

3



1. The fingertip should be lanced on the inner or outer surface of the fingertip.
2. Make sure the lancet blade is crossing the lines of the fingerprint.

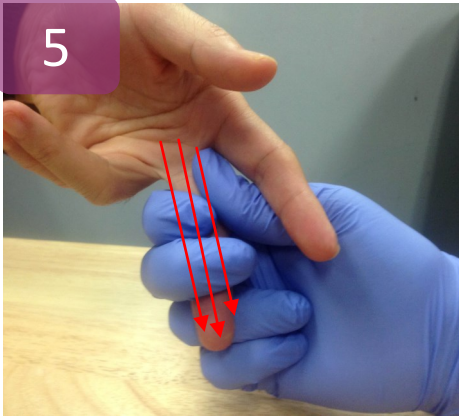
4



1. Twist the cap off lancet.
2. Place patient's hand on a clean flat surface.
3. Firmly press against the finger at the chosen site.

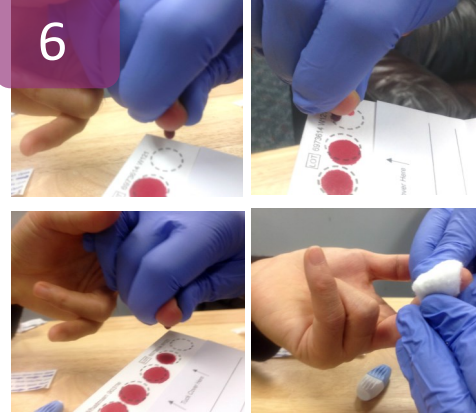
*Lancet is pressure activated

5



Gently milk the hand and finger in a downward motion, allowing time between squeezes for blood to flow into the finger.

6

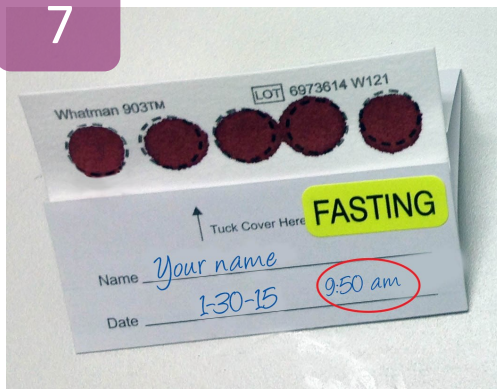


When a large hanging droplet forms, touch the droplet to the center of one of the circles on the card. Do not allow your finger to touch the card. Do not squeeze finger too hard as this could cut off blood flow to the finger. Fill in all 5 circles completely,

Do not allow blood spots to overlap.

Use cotton ball to stop blood flow. Apply bandage if needed.

7



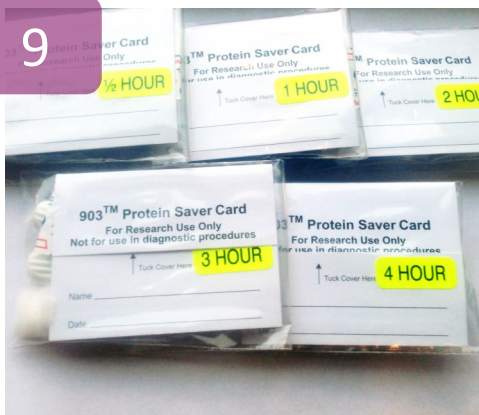
Pictured here is a completed collection card with name, date, and collection time. Each circle must be filled completely and blood should have soaked through the backside of the card. Let each card air-dry overnight before folding the top cover over the bloodspot.

8



Drink the provided glucose beverage and make note of the time. The beverage must be consumed completely within 5 minutes.

9



Repeat steps 2-7 for each plastic bag, timing from the completion of drinking the glucose beverage. It is important to collect as close to the exact time as possible.

- 1/2 hour after drink
- 1 hour after drink
- 2 hours after drink
- 3 hours after drink
- 4 hours after drink

10



Allow bloodspot cards to air-dry overnight before folding cover over top of the collection circles. Once thoroughly dry, fold cover over dried bloodspot circles. Avoid exposure to direct sunlight, extreme temperatures, or humidity. Place into provided biohazard bag and seal shut. Place requisition form in provided return envelope and mail.