



INSTRUCTION FOR USE 7DROPS TEST KIT

Version 01

March – 2022

Intended Use

This test kit contains everything you need to collect a small blood sample to send to the lab for analysis.

Important Things You Need To Know

1. Read the step-by-step guide printed on the inside of the box carefully.
2. If you feel faint at the sight of blood, ask a friend or family member to help you collect your blood sample, so you won't have to see it.
3. Allot about 30 minutes to take the blood sample. Try to find a time when you won't be disturbed.
4. Don't collect and post your blood sample on a Saturday or a bank holiday, as it might sit in the post for too long. Any other day is fine.
5. Post your blood sample within 24 hours of collecting it.
6. Lay the test kit out in front of you on a clean surface and get familiar with the items.
7. If the cap of the sterile lancing device is damaged, do not use the device. Each lancing device is for single use only.
8. To safely dispose of all the contents in the kit after collecting the blood sample, please put them in your household trash. Put the lancing devices inside the box before discarding.
9. Keep this test out of the reach of children.
10. This test can be used for children aged 2 and over. For children under the age of 12 a parent or caretaker should collect the blood sample under instruction of a medical professional.
11. Children between 12 and 18 must be supervised by a parent or caretaker to take this test.
12. If you have an infectious disease (for example, HIV), do not use this test.
13. Remember to register your test in your dashboard under ["my test kits"](#) so we know it belongs to the intended person. If you don't register your test, we won't be able to process your blood sample.

7DROPS

Kit Content

- 3x Sterile lancing devices
- 1x Prepaid return envelope
- 4x Alcohol wipes
- 1x Sample tube (light brown cap)
- 1x Transport tube (white cap)
- 3x Adhesive bandages

7 Steps With 7DROPS

TIPS TO HELP YOUR BLOOD FLOW

- Drink 2 cups of water 30 minutes before taking the test.
- Ideally, try to drink lots of water even the day before you collect your blood sample.
- Try jumping jacks or swinging your arms for 1 minute if you can.
- Clench and release your fist for 1 minute.
- Stand up with your hand lower than your heart throughout the process – unless you feel faint.

1. Select finger for sample collection.
2. Run your hand under warm water for a minute.
3. Clean finger with alcohol pad from kit.
4. Use lancet to prick finger. For extra blood, use fresh lancet.
5. Remove first drop of blood with alcohol pad. Drip blood into sample tube until indicated amount is reached. Close sample tube properly & put into transport tube.
6. Apply adhesive bandage.
7. Put transport tube into pre-paid return envelope & send back to our lab.

The 7DROPS test detects IgE or IgG antibodies in the blood. As such, the test can only give an indication of your body's reaction to specific allergens or antigens and is not intended to be used as a diagnosis for allergies or food intolerances. The results need to be interpreted by a doctor and are not a substitute for professional medical advice, especially if you are experiencing symptoms. Your doctor will be able to advise you on any necessary follow-up action to diagnose and treat you. DO NOT take any decisions or actions to change your medication or diet based on the results of this test without consulting your doctor first. We are not responsible and will not be liable for any reliance or actions taken by you in reliance on the information received from the test. Nothing in this medical disclaimer will limit or exclude any of our liabilities that may not be excluded by applicable law.