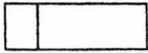


Blood Sample Instructions

1. Put your name and the date on the slide label.



2. Clean slide with 1st alcohol swab, let air dry thoroughly.

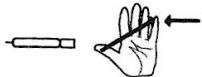
3. Clean first finger on left hand with 2nd alcohol swab, let air dry thoroughly (palm side up.)



4. To expose the needle of the lancet you must twist off the safety cap. Then apply pressure to your left little finger using your left thumb. Keep the pressure applied while you poke your finger.



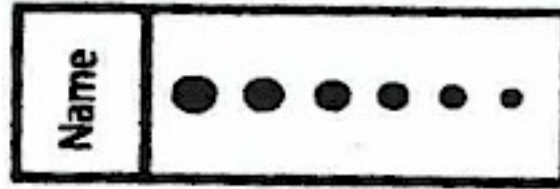
5. Gently poke **DOES NOT HAVE TO BE DEEP** on the right edge of your little finger - You must keep the pressure applied to your finger while you prick it.



6. Once there is a drop formed, apply to slide (Apply the blood to the same side of the slide that your name is on.) with your right hand continue applying pressure with your left thumb, move down the slide forward rapidly with the same drop until you have (6) sequential samples. (You may lightly touch the slide with your finger each time as you move down the slide to disperse the blood so that it does not form a bubble and crack off when it is dry.)



- Clean the pricked area with 3rd alcohol swab and apply the bandage.
- Let the slide completely air dry - the drops will get smaller as you go - Sample should look like this.



BE SURE TO SEND THE SLIDE BACK WRAPPED IN THE PAPER TOWEL AND BUBBLE WRAP. THIS DECREASES THE CHANCES OF THE BLOOD SLIDE BREAKING.

If you do not have an e-mail or do not have access to one, please just state that above. We will mail the pictures of the blood to you. However, we will need to allow time enough for the pictures to reach you for the phone consultation.

Return slide and pamphlet to:

erbzRx
1194 W 600 S
Pingree, ID 83262

erbzRx
1194 W 600 S
Pingree, ID 83262
208-684-3368
www.erbzrx.com

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An investment in your health!

Patient Name: _____

Date: _____

Current email address: _____

Thank you for choosing erbzRx and making an investment in your health.

NEW PATIENTS:

Please go to www.erbzrx.com/services and print the Adult Health History Questionnaire, Disclaimer and Privacy Practices to mail back with this sheet and your slide. This paperwork is mandatory. We can not schedule an appointment for you without the completed New Patient Forms.

Here is your kit for your phone consultation. Follow the instructions for the kit.

When completed, send slide to our office. Be sure to mark every test result on this pamphlet and return it with the slide.

Upon receipt of your slide, we will call you to set up your phone consultation appointment. **Please send slide back within two weeks to insure an available appointment.** If you have any further questions, please do not hesitate to call the office at 208-684-3368.

Urine Test Instructions

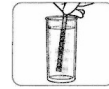
Please use this 10 SG Multistix test strip to test your urine as described below:

Specimen collection and preparation:

Collect freshly-voided urine in a clean container and test the urine as soon as possible after voiding. Please use a paper cup or container that will allow for complete dipping of all strip areas. Work areas and specimen containers should always be free of detergents and other contaminating substances. Please compare and record results on the charts provided here and send pamphlet with your slide. Please do not send strip back. Just circle the results for us.

Procedure:

- Collect** a fresh urine specimen in a clean, dry container.
- Dip** all the test pads of the strip into the urine.



* **Immediately** remove the strip.

* If reading the strip visually, **start timing.**

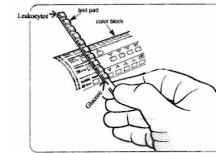


- Drag** the edge of the strip against the container rim to remove excess urine.



4. If reading visually:

- * **Compare** each pad at the time shown on the chart, starting with the shortest time.
- * Hold the strip close to the color blocks and match carefully.
- * Read the pads in good light.



Circle Results

Tests and Reading Time

Leukocytes 2 minutes	Negative		Trace	Small +	Moderate ++	Large +++	
Nitrate 60 seconds	Negative				Positive (any degree of uniform pink color)		
Urobilinogen 60 seconds	0.2	Normal	1		2	4	8
Protein 60 seconds	Negative		Trace	30 +	106 ++	300 +++	2000 or more ++++
pH 60 seconds	5.0	6.0	6.5	7.0	7.5	8.0	8.5
Blood 60 seconds	Negative	Non-Hemolized Trace		Hemolized Trace	Small +	Moderate ++	Large +++
Specific Gravity 45 seconds	1.000	1.005	1.010	1.015	1.020	1.025	1.030
Ketone 40 seconds	Negative		Trace 5	Small 15	Moderate 40	80	Large 100
Bilirubin 30 seconds	Negative				Small +	Moderate +-	Large +-
Glucose 30 seconds	Negative		1/10 or .1 100	1/4 250	1/2 500	1 1000	2 or more 2000 or more

Color of urine DY-dark yellow, LY-Light Yellow, MY-medium yellow