

COLLECTION INSTRUCTIONS

Your fatty acids collection

This test measures your essential fatty acids from a few drops of blood, taken with a quick finger-prick and dried onto a collection card. It takes just a few minutes at home – then you post the card back to the lab.



A simple finger-prick you do at home

Your kit is posted directly to you – no collection centre visit needed. You collect a few dried blood spots and mail the card back in the prepaid envelope provided.



A few drops
of blood, from a finger



The side of a finger
prick the side, not the pad



Dry 15–20 min
then fold the flap over

Get a good drop first

- ☒ Fill in your details on the **collection card** and **request form** before you start.
- ☒ **Warm hands bleed best:** wash them in **warm water**, then let your arm hang by your side for about **20 seconds** to bring blood to your fingers.
- ☒ Leave the **desiccant packet** in its little bag – you'll need it at the end to keep the sample dry.

Check your kit

- Blood-spot collection card
- Alcohol wipe & cotton ball
- Desiccant packet (in a bag)
- Reply-paid return envelope
- Single-use lancet(s)
- Plaster
- Request form
- Collection instructions

1 Collecting your sample

1 Take the sample

- 1 Clean the **side** (not the pad or tip) of a warm **middle or ring finger** with the alcohol wipe, and dab off the excess with the cotton ball.
- 2 Twist off the lancet cover, press it **firmly against the side of your fingertip** and click – you'll feel a small sting.
- 3 Let a **drop form** (gently squeeze from the base of the finger if needed). Before it falls, lightly **touch the drop to the centre of a circle** on the card – don't rub your finger on the paper.
- 4 **Fill each circle** so the blood soaks through. Then press with the cotton ball to stop the bleeding, and add the plaster if you like.

2 Dry & send

- 1 **Let the spots dry for 15–20 minutes.** Once dry, fold the card's flap over to cover them.
- 2 **Seal the card in the plastic bag with the desiccant packet** – this keeps the sample dry, which matters for an accurate result.
- 3 Put the bag and your **request form** into the reply-paid envelope and **post it the same day** you collect, via your nearest Royal Mail post box or Post Office.

What this test measures

Omega-3 Index

Omega-6 : Omega-3 ratio

AA : EPA ratio

Trans Fat Index

Your results: Once the lab receives your card, your results and personalised insights appear in your secure i-screen dashboard, and we'll email you as soon as they're ready. Any questions? Email info@i-screen.ai.