

HOW TO:

Take Your Picnic Home Allergy Test

ESTIMATED TIME NEEDED: **30 MINUTES**

Read all the instructions before you get started. Once you start the test, everything moves pretty quickly!

Scan this QR code for more information, including video demonstrations and FAQs, or visit: picnicallergy.com/allergy-testing/how-to

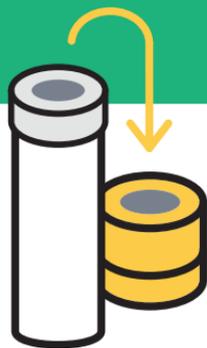


Getting Ready

01. PREP YOUR MATERIALS

- Unpack all the contents of your test kit onto a clean surface.
- Uncap the sample tube and place it in its stand.
- Open an alcohol wipe, gauze pad, and bandage wrapper halfway.
- Grab a paper towel (not included) in case anything spills during the test.

Drink some water!
Hydrating before taking the test will improve blood flow.



02. GET YOUR BLOOD PUMPING

- Wash your hands with warm water for **30 seconds**.
- Increase your heart rate by doing jumping jacks, running around the room, or whatever form of exercise you prefer for 60–90 seconds.
- Use an alcohol wipe to clean the finger you're going to prick. We recommend the **middle or ring finger of your non-dominant hand**.

The sooner you start the test after this, the more easily the blood will flow.

Collecting the Sample

03. USE THE LANCET

- Twist the tip of the lancet to remove the cap. **Each lancet can only be used once, so don't activate it until you're ready to prick your finger.**



- Hold the lancet in your dominant hand and rest your other hand palm up on a hard surface.

- Place the tip of the lancet on the pad of the fingertip you cleaned and **press firmly until you hear it click.**

Why the pad of your finger specifically? There's usually more blood flow here than anywhere else on your finger.



- Clean off the first drop of blood you see with another alcohol wipe. Your first drop of blood will not be used.

04. FILL THE SAMPLE TUBE

- Position your arm so that it's stretched downward toward the tube, with your elbow higher than your hand and your finger over the tube. **You may need to stand up for this.**

- Gently massage your wrist **every 3-4 seconds** and let the blood flow into the tube until it reaches the line.
- If the blood stops flowing before you reach the line, **repeat Steps 2-4 with another finger using the spare lancet and alcohol wipes.**
- Once you're done, use the gauze and bandage to stop the bleeding.



Completing the Test

05. PACK UP THE SAMPLE

- Press the cap firmly back onto the sample tube. **You'll hear a click when it's secure.**
- Flip the sample tube upside down and back 10 times to mix up the solution.
- Place the sample tube inside the plastic bag, then pack it into the prepaid return envelope.
- Mail the envelope within 24 hours.**

06. ACTIVATE YOUR TEST ONLINE

- Go to activate.picnicallergy.com to activate your test. **Your unique activation code is on the welcome card in your test kit.**

You'll receive an email when your test results are ready. Visit your secure online account to view them!

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