



Cholesterol Test

The Cholesterol Test is a self-test to identify cholesterol levels in finger-prick blood. High cholesterol increases your risk of coronary artery disease, heart attacks and strokes.

Cholesterol levels, alongside other factors, such as lifestyle and medical conditions, are used to evaluate your risk of cardiovascular disease. The levels you should aim for might be different depending on things such as your age, and whether you have conditions such as diabetes or cardiovascular disease. Please see the "Expected Values" section for reference levels. As a general guide, the NHS suggest that total cholesterol levels should be:

- 5mmol/L or less for healthy adults
- 4mmol/L or less for those at high risk
- 4mmol/L or less for healthy children



Instructions

Procedure

1 Wash your hands with warm water and soap, carefully drying your hands afterwards.
Note: Use of lotions and hand creams should be avoided before testing.

2 Open the foil pouch and remove the test kit.
Note: Please ensure the test kit is facing the correct way up before testing.

Obtaining a blood sample

3 Hold the lancet and twist the white cap to remove it.
Note: Be careful when removing the cap of the lancet that you twist it off. If you pull it, then it may prematurely fire the lancet rendering it unusable. Similarly, if you snap the cap off without twisting it, then you may break off the stem of the cap

4 Use the antiseptic wipe provided to clean the finger that will be pricked with the lancet. Massage your hand from the palm to the fingertip to increase blood flow (the side of the ring finger is recommended).

5 Place the lancet against the fingertip and press down firmly to draw blood. Replace the cap onto the used lancet and set aside.

6 Holding the hand downwards, massage the finger until a large drop of blood forms. Wipe away the first drop and collect the second drop of blood using the capillary tube.

Note: Please see below how to use the capillary tube before using it.

Tips: Hold the capillary tube horizontally and slightly downward. Without squeezing, touch the tip of the pipette to the blood. Capillary action will automatically draw the blood sample. You may need to massage your finger again if more blood is required. Collect to the fill line and stop.

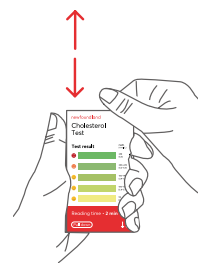
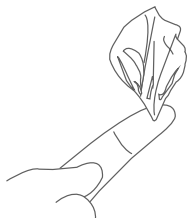
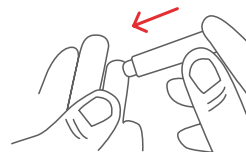
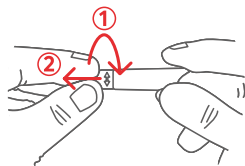
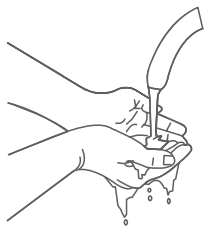
Performing the test

7 Gently squeeze the dropper to apply the blood sample into the previously opened vial. Screw the cap back onto the vial and mix well for at least 2 minutes.

Note: Squeeze the bulb until all the blood in the capillary tube is applied. If you don't apply sufficient blood to the test hole, the result may be inaccurate.

8 Turn over the test kit after 2 minutes and slide the colour chart to find the closest colour match within 30 seconds.

Note: The test result must be read within 2 minutes 30 seconds of applying the blood sample. Results may be inaccurate if read too early or too late.



Read the results

** measurement range (99-250mg/dL (2.6~6.5 mmol/L))

