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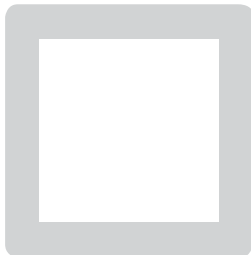
www.tmsbioscience.com
1.866.362.9925

step-by-step
HomeTrak™
instructions



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Welcome to **TMS BioScience HomeTrak™**. Enclosed you will find all the materials needed to collect your blood sample and ship to our laboratory. By collecting a small amount of blood by finger-stick, similar to diabetic blood sugar monitoring, **HomeTrak™** frees you from having a large tube of blood drawn at a lab or clinic.

TMS BioScience uses state-of-the-art, mass spectrometry instruments that are able to very accurately test small amounts of blood. We will test your immunosuppressant, organ function, chemistry and various hematology levels on the same sample in order to give your physicians a complete snapshot of your current clinical situation. Using our system will provide you convenience, increasing your compliance and your physician will receive accurate, consistent results from advanced instrument systems. As with any process, details are important for success. You are an integral to the success of your health care.

Please follow the steps on the following pages for correct collection, handling and shipping. Your success is our success, do not hesitate to contact us.

Pleasant F. Hooper, M.D.

Founder of TMS BioScience

Chief Scientific Officer/Founder

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G.



Step 4 -- Preparing Tube and Used Lancet for Shipping

Unscrew the cap on the outer canister, and take out the inner aluminum canister. Unscrew the cap from the aluminum canister and take out the foam cap.

Place the vial in one of the three foam slots in the aluminum canister and the re-capped lancet in one of the other slots. Place the foam cap on top of the foam insert and screw on the aluminum cap snugly. Place the aluminum canister inside the outer canister and screw the outside cap on snugly.

Step 5 – Ship Package to TMS BioScience™

Now place the canister, completed signs and symptoms sheet and completed demographic sheet (first sample only) in the USPS Express Mail bag and seal the bag. Attach the Express Mail label on the bag, and be sure to fill out your Name and Address on the left side of the label. Place the bag in any USPS mailbox. If you do not have daily mail service you can contact the USPS to ensure a postal worker picks up your sample at 1-800-222-1811.

Life Made Easier
HomeTrak™

Preparation

Prepare a clean surface to work over. Lay out, in plain view, all materials. Open, but do not remove the alcohol prep & gauze pads. Familiarize yourself with the lancet and micro-tube operations before beginning the finger-stick. Once you have completed the finger-stick insure that blood drops start forming and smoothly continue collection before clotting begins. Always work with your hands below your heart level to promote blood flow. Do not discard any packaging until all steps have been completed successfully.

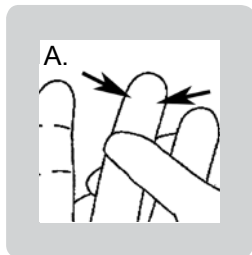
Step 1— Washing Hands

Clean hands with warm water to prevent infection, the warm water increase blood flowing into your hands and increases “finger-stick” and collection success rates. **Wash and rinse with moderately warm water for two (2) – three (3) minutes.** Wipe off the site you have chosen with the alcohol pad and air dry for a count of 10 while fanning your hand.

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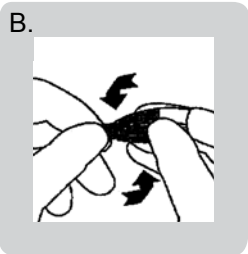


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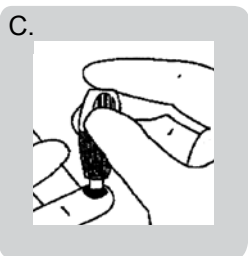


Step 2— Making the Finger Stick

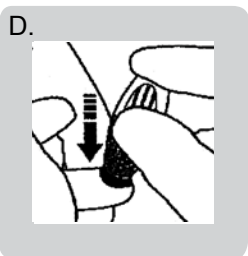
A. Identify a finger that you will stick with the spring loaded lancet. Keep in mind that sticking your finger towards either side tends to be more effective than sticking the center of your finger. Clean as instructed in Step 1.



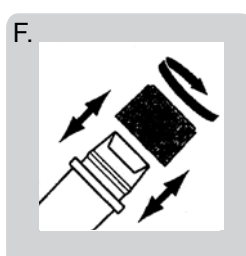
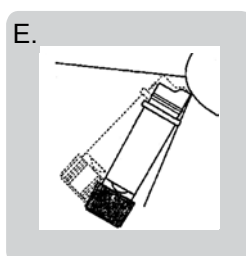
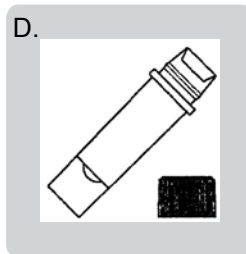
B. Open lancet



C. Hold lancet between fingers and position firmly against puncture site.



D. Press down safety lancet until audible "click" is heard.
Do not remove device until you have



punctured the site.
Do not throw away the lancet in the trash. Instructions will be provided later.
Step 3 – Collecting Blood in Tube
Open the Blood Collection Tube. Do Not Discard Top. Notice that the tube has a specially designed "scoop" or "lip" to help "scoop" or collect blood drops as they form. Place the lip under the blood drop and rock or slightly push downward (refer to diagrams D-F). This gentle consistent motion will allow the drops to run down into tube and let the next drop form. The blood must get to bottom of tube to mix with additive. Tapping the tube slightly will help. (Refer to our website www.tmsbioscience.com for additional video instructions.) - When 250 μ [Approximately seven (7) drops] has been collected, replace the cap on top and secure. Rotate the tube "end-over" end 10 times to fully mix. This will insure a quality sample without clot formation.