

Hi there,

Here's your Grip Fertility test!

Not gonna lie – pricking yourself isn't fun. Think of the outcome though – you've got this.

Before you start, **READ THE INSTRUCTIONS ALL THE WAY THROUGH THE END**. The full process takes about 30 minutes, so make sure you've got the time. You should take the test after you haven't eaten for 8 hours, so we recommend testing in the morning.

Before you do the test, **ACTIVATE** your kit via www.gripfertility.com/activate so we can make sure everything goes smoothly when you send in your kit.

STEP 01

Visit the activation
webpage.



STEP 02

Enter your full name,
email address, and the
unique number on the
bar code found on the
lab form.



Once you have sent in your test, it takes about 7 to 10 business days for you to get your results.

Best of luck with the test! If you have any questions, don't hesitate to send us a message.

Anne Marie, Ling, and Noor
Grip co-founders
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Testing Kit Instructions

Grip

- If you are not on hormonal birth control (i.e., your body is ovulating and releasing eggs), you should take the test on the **3rd day** of your cycle. Day 1 of your cycle is the first day of full flow – not the first day of spotting.
- If you are on hormonal birth control, you can take the test any cycle day as we won't be testing hormones related to your ovulation.
- Take the test in the morning, before you eat or drink anything – clear fluids are fine but hold off breakfast until you're done.
- If you are having trouble with pricking your finger or collecting blood, whatsapp us (+31 6 5762 5478). **We are always available M to F 10:00 to 19:00, outside of that, just give us a 12 hour heads up.** We are happy to talk you through it live. If necessary, we can make an appointment at a pricking point to have your blood drawn.

01. Put your kit in front of you, and check if you have everything.



alcohol wipes



blood collection tube



soft protective packaging



return envelope



dressing tissue



lancets



plasters



Bio bag with sealing strip



lab form



02. Fill out the lab form.

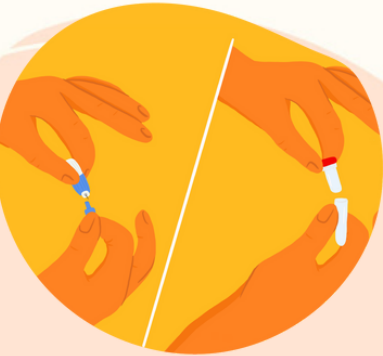
Fill out your:

- Name
- Date of birth
- Date/time you took the test

Reminder: don't forget to activate your kit.

03. The pre-finger prick dance.

Collecting blood is a lot easier when your circulation is high. 60 seconds of jumping jacks, clap your hands, do the Macarena – go wild. Make sure you hold the hand you want to prick under warm running water for at least 2 minute or put your hand in a bowl with warm water (better for the world). Right after a hot shower also works.



04. Get ready.

Take the mini collection tube (the one that has lines on it) from its protective tube and twist the red cap off.

Grab the blue/white lancet and twist the blue cap off. Your lancet is now ready to be used.

05. Clean your finger.

The best place to prick yourself is the side of the top part of your ring finger (index and middle fingers also work). We recommend using your non-dominant hand.

Grab an alcohol wipe and clean the finger that you are going to prick. Let it air dry for a few seconds. Blood doesn't form drops on wet fingers.



06. Prick yourself.

Put the needle side of the lancet against your finger and press **firmly**. The lancet will prick automatically as soon as you press it determinedly against your finger. A lancet is for single use, so if you need to prick again, use a new one.



07. Collecting your blood.

You now have a small cut in your finger, and a small drop of blood will form. **Wipe away the first drop of blood with the dressing tissue.** The first drop of blood isn't suitable for collection or analysis.

Make sure you keep your elbow below your shoulder, with your fingers as the lowest point. Put your finger against the raised bit of the tube, and drop by drop collect your blood in the mini collection tube.

We recommend that you stand up during this so you have better blood circulation.

You can use your other hand to massage your finger and stimulate blood flow – think of it as 'milking' your finger. Depending on your circulation, blood collection will be very easy, or pretty hard work.

Some tips:

- Drops are easier than a 'stain'. If you don't get clear drops anymore, wipe your finger with the dressing tissue, and wait 5 to 10 seconds until you see a new drop.
- If your blood clots and you stop bleeding, gently rub the dressing tissue over your finger and see if a new drop is formed. You can also put your hand back under warm water for a bit – just make sure you dry off.
- Most women need to prick at least twice to fill the container. You can use the side of your middle or index finger for the second prick, and use a new lancet.
 - If you don't get enough blood after two pricks, whatsapp us at +31 6 5762 5478 – we will walk you through it, or set up time to get blood drawn at your GP or another pricking point. Don't worry – circulation is different for everyone and has nothing to do with health.
- Your finger might bruise and/or hurt slightly for a few days – this is completely normal.



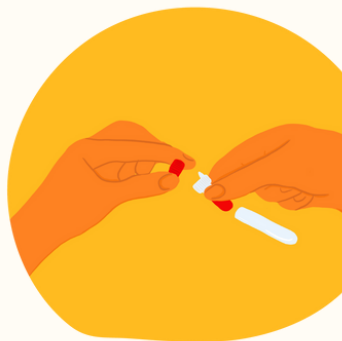
08. Fill the tube.

0.5 ml (the first line on the tube) is the minimal amount of blood the lab needs to do the analysis. It's ideal if you can fill up to the 1 ml mark (the second line on the tube). **It's about 7 to 10 drops of blood.**

09. You Go, Girl!

Once you've filled the mini collection tube, push the cap back on, and put the mini collection tube back in the protective plastic tube with the bar code sticker.

That's it. YOU DID IT! Nice one. Stick on a plaster if you're still bleeding.



10. Wrap & pack.

Put the tube in the soft protective material then put it in clear bio plastic bag with the strip. Pull off the **white (or silver)** strip and seal the bag.

You can dispose used lancets/tissues in your regular trash, just as you would with used plasters from a small cut.

11. Mail it. You are done!

Put both the **wrapped up tube and your lab form** in the return envelope, nicely protected in the cardboard. You can post your blood sample in any orange PostNL box in the Netherlands (even on weekends and hot/cold days) - you can easily locate one via Google Maps. The envelope is prepaid so nothing else is needed on your end.

Reminder: We can't analyse your blood sample without the lab form, so don't forget to add your lab form to the package!

