

## Instructions for Use



YorkTest Laboratories Ltd  
York Science Park  
York YO10 5DQ  
United Kingdom

Freephone (UK): 0800 07 4 6185  
Telephone: +44 (0) 1904 410 410  
Email: info@yorktest.com

www.yorktest.com



Company Registration Number: 03570476  
YORKTEST is a registered trade mark ©YORKTEST 2008  
YT335 v3 LTD1108

## Testing for Homocysteine

**Heart disease** is the main cause of death in the western world yet approximately **70%** of people who develop heart disease have **normal levels of cholesterol**.

Homocysteine is a harmful sulfur bearing amino acid produced in the body. Elevated levels injure and thicken the walls of the arteries, encouraging blood clotting.

Homocysteine is directly linked to heart disease, strokes and independent risk factors such as high cholesterol and smoking.

### Some risk factors associated with heart disease:

- Increasing age
- Family history
- Nutrient deficiencies
- Excessive caffeine consumption
- Smoking
- Low physical activity
- Kidney and bowel disease
- Certain medication
- Excessive alcohol



## Testing Procedure

**The Homocysteine Test represents a breakthrough in home testing. The unique kit allows you to take your blood sample at home.**

Take your blood sample following the instructions overleaf and complete the customer details form included in your kit.

A six hour fast is required prior to taking the test. It is advisable to take your blood sample first thing in the morning before eating.

Once you have taken your blood sample post the kit back to us. On receipt, we will analyse your sample and post your results within ten days.

**Remember to take the blood sample BEFORE eating anything first thing in the morning.**

### CAUTION

1. Keep out of reach of children
2. Should only be used by an adult (over 18 years)
3. The lancets are for individual use and should not be shared with others
4. Use caution when handling blood
5. Return lancets in the kit box provided for safe disposal
6. Do not take this test if you are:  
Suffering from a blood borne disease such as Hepatitis or HIV or if you are pregnant.

## Homocysteine information

**The test will tell you what your homocysteine level is.**

Evidence shows that raised levels of Homocysteine are associated with heart disease. Research suggests that a decrease in elevated Homocysteine reduces the risk of:

- **Heart Disease by 16%**
- **Stroke by 24%**  
(for further information please refer to sales brochure)
- **Deep Vein Thrombosis by 24%**

Homocysteine can be reduced and controlled quickly. The effective treatment recommended is through an increased intake of vitamin supplements.

If your levels are elevated it is important to re-check them after 2-3 months after treatment through supplementation. If your results are at the recommended level then it is recommended to re-test once a year as part of an annual health check.

If you have any difficulties collecting the sample don't worry, please call our Customer Care team on **0800 074 6185**

Please read these instructions carefully before starting. If you have any difficulties collecting the sample don't worry, please contact our Customer Care team and they will talk you through the process.

If any of these items are missing please contact the Customer Care team on 0800 074 6185.

### Your Homocysteine Test kit includes



1x antiseptic wipe, 1x plaster, 2x single use lancets, 1x plasma separator, 1x customer details form, 1x prepaid envelope.



1 Complete the enclosed customer details form enclosed with your kit box. Wash your hands thoroughly in warm water and dry.



2 Remove the plasma separator from the foil pouch. Retain both items for later.



3 Wipe the top of your finger or thumb with the antiseptic wipe and allow to dry.



4 Pull the cover off the lancet twisting it slightly whilst pulling.



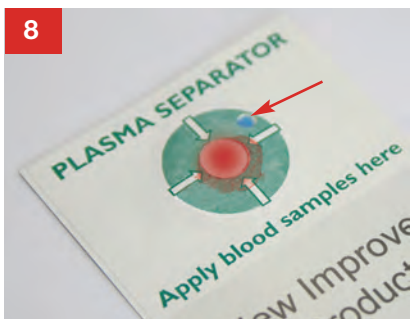
5 Place the lancet on your finger or thumb and press the purple part of the lancet down. This will release the lancet to pierce your skin quickly.



6 Hold hand at waist level (or lower than the heart) and massage your finger or thumb from base to tip to produce a large droplet of blood.



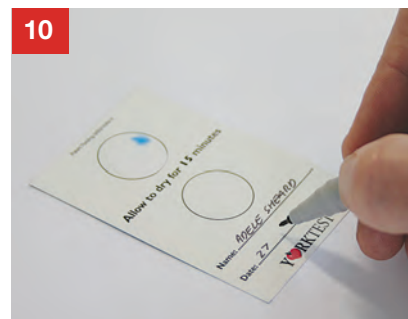
7 Apply two to three large droplets of blood into the centre of the large hole. Allow each droplet to soak through the membrane and continue adding blood until it no longer soaks through.



8 When sufficient blood has been applied, a blue colour will develop in the small hole (to the right). The blue colour should develop after 1 minute. If not, apply further blood droplets until it becomes visible. If there is still no colour change, please contact us.



9 Wait 5 minutes and then slowly peel off the top layer of the plasma separator, ensuring the disc with the blue dot is present on the lower card.



10 Clearly write your name and date the sample is taken on the base card. Discard the top layer of the separator safely.



11 Place the plasma separator back into the foil pouch for added protection. Please ensure you do not touch the disc that has turned blue.



12 Pre-paid envelope provided. Post immediately to YorkTest laboratories.