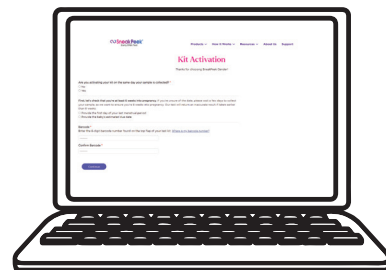
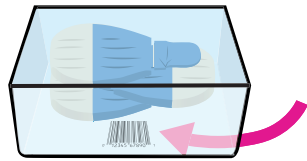


1 Activate kit

We can only process kits that have been activated, so let's get that done.



1. Find the clear box containing your lancets. **Do not open the box**, but turn it over to find your unique barcode number under the box. We recommend writing your barcode number down for future reference, or taking a picture.

2. Visit sneakpeektest.com/activate and enter your barcode and information to activate the kit. **Note:** this is the only way we know your sample belongs to you when it arrives at SneakPeek lab, so be sure to activate!

2 Before starting

SneakPeek looks for male DNA to determine gender. This section ensures your sample will be clean of outside male DNA, so you get accurate results.



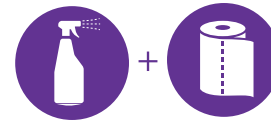
1. Don't let males (even male pets!) touch the kit contents at any point.



2. **IMPORTANT!** If you haven't already, drink a full 8 oz. glass of water. This makes blood collection easier and faster and improves sample quality.



3. Locate a flat counter or table surface to collect your sample.



4. Thoroughly clean surface with household cleaner or warm soapy water.

3 Sanitize hands

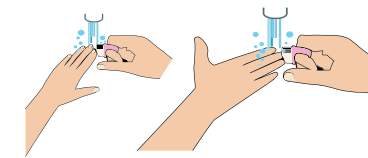
Contamination can happen if there is male DNA under nails or on fingers. Let's get rid of that stuff!



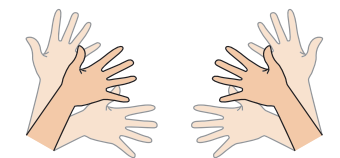
1. Select a bowl that is large enough to submerge your hand and wash it thoroughly. Fill it with warm to hot water.



2. Wash hands with warm water and soap for 1 minute. Remove nail brush from box.



3. Wash hands again in warm water and soap, using the nail brush to scrub under **ALL** of your fingernails as well as around your fingernails for 2 minutes total.



4. Air dry your hands to avoid touching male DNA, and avoid contamination by not touching anything except kit components going forward.

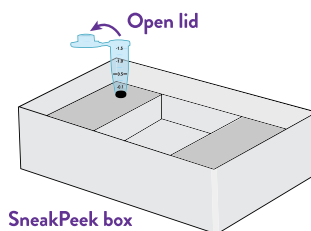
4 Set up

Let's make sure you can find everything when you need it.



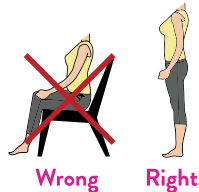
1. Remove and place the following items on your clean surface: collection tube, 3 lancets, 3 alcohol swabs, clear container box, resealable bag with gauze, large resealable bag, 3 circular bandages, and tourniquet.

2. Securely insert collection tube into hole in SneakPeek box to prevent tipping. Next, open lid of collection tube.



5 Get the blood flowing

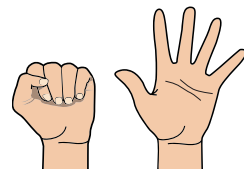
The steps in this section increase the circulation in your hand which makes blood collection easier and faster, and improves sample quality. Let's get you those gender results!



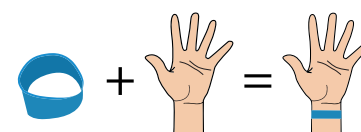
1. Stand during blood sample collection.



2. Select the hand you will use. Soak hand in the bowl of warm to hot water for 1 minute.



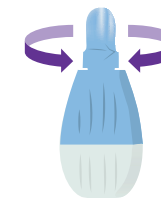
3. Make a fist and open and close tightly 10 times.



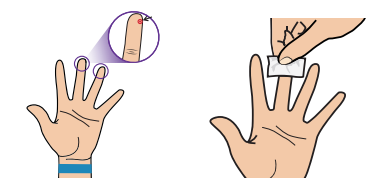
4. Put tourniquet on your wrist.

6 Prepare finger

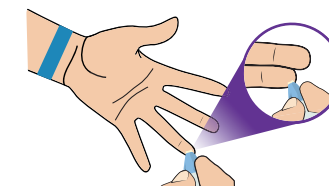
Get ready, it's go time!



1. Rotate lancet cap in either direction and pull off.



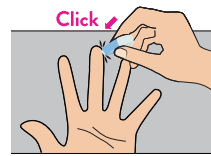
2. Select either the middle or ring finger to draw blood. Clean fingertip with alcohol wipe and let alcohol dry.



3. Use the top outside portion of your fingertip. Hold lancet with your fingers on the grooves and place it on the side of your finger with the narrow side facing you.

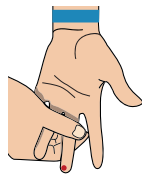
7 Collect blood

Remember to stay standing here. At this point, you've removed extra male DNA and increased your blood circulation so it's all systems go. Good luck, you're on the final stretch!



1. Press lancet firmly against your finger and apply a large amount of pressure until you hear it click.

Blood will begin to flow immediately.

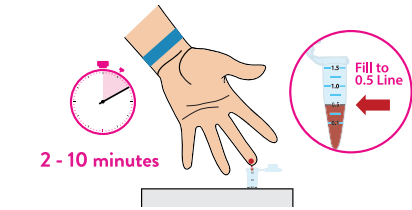


2. Immediately lower your arm and your hand.

Start applying pressure from the top of your finger below the knuckle and massage downward.

Press firmly at the fingertip until a full blood drop forms.

Continue massaging as needed to keep your blood flowing until sample collection is complete.



2 - 10 minutes

3. Hold hand over collection tube with fingernail pointing away to avoid blood going under it.

Collect blood for 2-10 minutes, until the black line on the tube (0.5 line) is reached, about 7-10 drops of blood.

Note: SneakPeek lab can only process your sample if the 0.5 line is reached.

8 Bandage finger

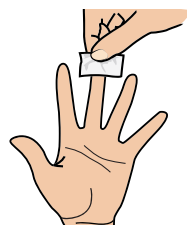
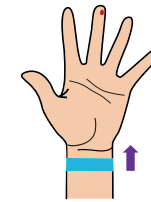
The hard part is over, congrats! Let's stop the blood flow and clean up.



2 MINUTES

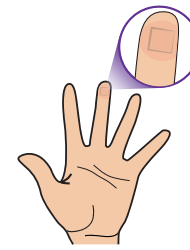
1. Complete steps 2-4 within 2 minutes if possible, as it's important to get to Step 9.

2. Remove tourniquet.



3. Hold hand upright.

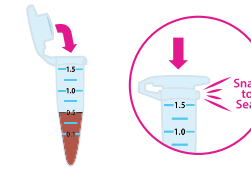
Apply pressure to tip of finger for 10 seconds. Wipe excess blood with alcohol swab.



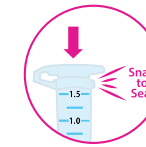
4. Put on circular bandage and leave on for 30 minutes to stop the blood flow.

9 Mix sample preservative

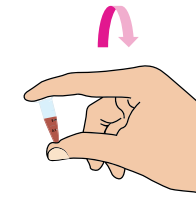
You may have noticed your collection tube had a tiny amount of clear liquid at the bottom. This liquid preserves your sample as it travels back to SneakPeek lab, so it's very important to mix it well. Just follow the steps below.



1. Close lid and snap it shut.



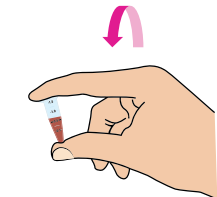
2. Firmly tap the tube on the tabletop with the lid side facing down to break up any blood clots.



Start



Invert



Revert

Repeat 10 times

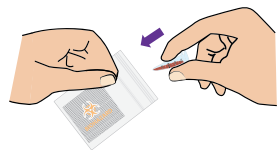
3. Invert tube upside down making blood flow freely towards top.

Revert tube right-side up making blood flow freely towards bottom.

Repeat 10 times (upside down then right-side up counts as one time).

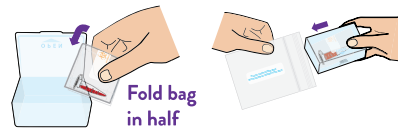
10 Package sample for shipment

Let's make sure your sample gets safely back to SneakPeek lab. We recommend **taking a picture of your return label** so you can track your package.



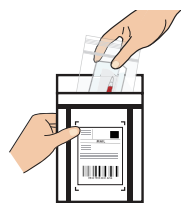
1. Place collection tube into the resealable bag with gauze and seal.

Do not remove gauze.

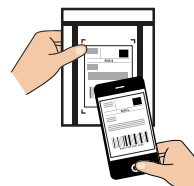


2. Place the bag with gauze in clear container box and snap the lid shut.

Place container in the large resealable bag (labeled - PLACE CONTAINER BOX WITH SAMPLE INSIDE THIS BAG) and seal.



3. Place large resealable bag containing sample into the prepaid shipping package provided by SneakPeek.



4. Take a pic of your return label to track your package.

11 Mail sample

We can't wait to receive your sample and share if you're having a boy or girl!



1. Extreme temperatures can affect the quality of your sample, so it's important to keep the package in temperature-controlled settings.

We recommend mailing your SneakPeek package at a local post office.



2. When your sample arrives at SneakPeek lab, we'll check it in and send an email confirming that it was received. Your results email will follow 12 hours after!



FEMALES ONLY

Sample collection components have been sterilized. Avoid male contact with contents within this kit.

SneakPeek® Early Gender Test INSTRUCTIONS