

# TSH (Thyroid Stimulating Hormone) Rapid Test

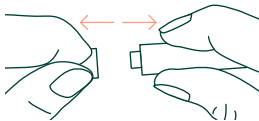


**PLEASE NOTE:** this leaflet must be used alongside the Instructions for use.

This self-test kit is designed for adults (aged 18 and over) for the collection of a finger-prick blood sample to be performed at home. This test is not suitable for diagnosis; it is a screener test that gives an indication for underactive thyroid.

The thyroid gland is a small butterfly-shaped gland in the neck, just in front of the windpipe (trachea). One of its main functions is to produce hormones that help regulate the body's metabolism – the process that turns food into energy. Many of the body's functions slow down when the thyroid does not produce enough of these hormones. Testing of TSH levels in the blood is considered the best initial test for hypothyroidism. Hypothyroidism, an underactive thyroid gland, is where your thyroid gland does not produce enough hormones. Common signs of an underactive thyroid are tiredness, weight gain and feeling depressed.

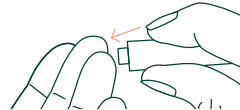
- 1** Remove the lancet cap.



- 2** Clean the area to be pricked with the alcohol pad.



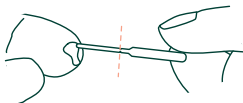
- 3** Squeeze the end of the fingertip and prick it with the sterile lancet.



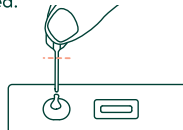
- 4** Massage downward to obtain sample.



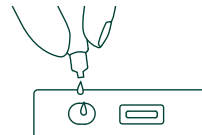
- 5** Use dropper to obtain the correct amount of blood to the fill line.



- 6** Squeeze the bulb to release blood. Apply plaster to puncture site if required.



- 7** Add 2 drops of buffer into the sample well.



## MATERIALS PROVIDED

- Test cassette
- Capillary dropper
- Buffer
- Alcohol pad
- Lancet
- Plaster
- Product summary leaflet
- Instructions for use

## MATERIALS NOT PROVIDED

- Timer

18+

Scan for video instructions and results guidance



## Understanding your thyroid test results




Once you have collected your sample and performed your test, you must wait 10 minutes after applying your sample into the test cassette, before you read the results.

**Do not interpret the result after 20 minutes.**

## Symptoms of underactive thyroid

- Tiredness
- Weight gain
- Depression
- Sensitive to the cold
- Dry skin and hair
- Muscle aches
- Constipation

## Read results at 10 mins.

 <p>Positive</p>	<p><b>A result showing a positive result</b> If 2 lines appear against the test (T) and control (C) on your cassette, then the TSH level is higher than the normal (5 <math>\mu</math>U/mL).</p>	<p><b>What next?</b> Thyroid Stimulating Hormone (TSH), is a hormone produced by the body which stimulates the thyroid gland to produce thyroxine<sup>1</sup>. In most cases, a high TSH level indicates that you have an underactive thyroid, also known as hypothyroidism<sup>1</sup>.</p>
 <p>Negative</p>	<p><b>A result showing a negative result</b> If only 1 line appears against the control (C) marker, the TSH level in your blood is not in the range to be considered hypothyroidism.</p>	<p><b>What next?</b> The test indicates that your TSH levels are not raised, which suggests you do not have an underactive thyroid.</p>
 <p>Invalid</p>	<p><b>What if my result is invalid?</b> If a control line (C) fails to appear or only appears next to the test line (T) it is likely there was an insufficient volume of specimen to test, or the incorrect testing procedure was followed.</p>	<p><b>What next?</b> We recommend that you take another test. If this problem persists, please contact our customer care team at <a href="mailto:care@myhealthchecked.com">care@myhealthchecked.com</a> for further assistance.</p>

Reference:

1. Ortega-Carvalho TM, Chiamolera MI, Pazos-Moura CC, Wondisford FE. 'Hypothalamus-Pituitary-Thyroid Axis.' Compr Physiol. 2016 Jun 13;6(3):1387–428.