

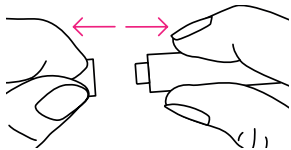
Thyroid Self-Test

Self-test to detect the presence of TSH (thyroid stimulating hormone) in human whole blood as an indicator of an underactive thyroid.

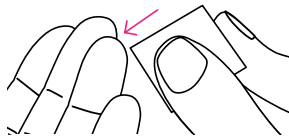
The thyroid gland is a small butterfly-shaped gland in the neck, just in front of the windpipe (trachea). One of its main functions is to produce hormones that help regulate the body's metabolism - the process that turns food into energy. Many of the body's functions slow down when the thyroid does not 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.

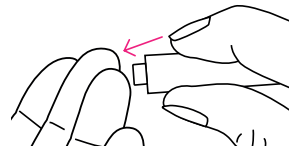
1 Remove the lancet cap.



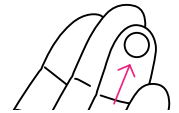
2 Clean the area to be pricked with the alcohol pad.



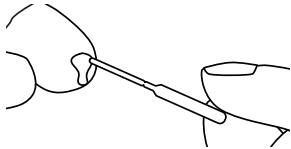
3 Squeeze the end of the fingertip and prick it with the sterile lancet.



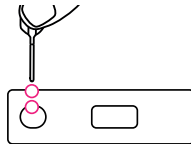
4 Massage downward to obtain sample.



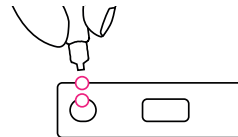
5 Place the tip of the capillary tube in contact with the blood until it reaches the line on the tube.



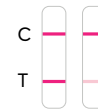
6 Squeeze the bulb to dispense the blood into the sample well. Apply plaster to puncture site if required.



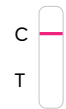
7 Add 2 drops of buffer into the sample well.



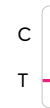
Read results at 10 mins.



Positive



Negative



Invalid

Next steps guidance

If the result is positive, it means that the TSH level in the blood is higher than what is accepted as normal (5 μ U/mL). It is recommended that you consult a physician to discuss the test result and whether additional analysis is required.

There's no way of preventing an underactive thyroid. Most cases are caused either by the immune system attacking the thyroid gland and damaging it, or by damage to the thyroid that occurs as a result of some treatments for an overactive thyroid or thyroid cancer.

If the result is negative, it means that the TSH level is below 5 μ U/mL and is within the normal range. Although rare, hyperthyroidism should not be ruled out based purely on the test results. If the symptoms persist, it is recommended to consult a physician.

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