

# PD GENERation

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**POWERED BY THE PARKINSON'S FOUNDATION**

## **Instructional Guide for PD GENERation: Person with Parkinson's Tasso+ Video**

Thank you for participating in PD GENERation. Below, you can find an explanation on how to use the Tasso+ kit for at home blood collection. To get to this point, you should have already completed the informed consent process. In the images below, you will see actual people with Parkinson's disease using the Tasso+ kit.

You can call the Parkinson's Foundation Helpline if you need assistance using the QR code or need help connecting to the Tasso+ team.

**Parkinson's Foundation  
Helpline**

**1-800-4PD-INFO  
1-800-473-4636**



**What is the Tasso+ kit?:** The Tasso+ kit is a kit that includes the Tasso+ device and all necessary supplies to collect a blood sample at home. The Tasso+ device is a sterile disposable blood lancing device. The lancet is single use and automatically retracts into the device in a safe position after pushing the button to deploy the lancet.

**Shipping:** The Tasso+ kit must be shipped back the same day you use it to collect your blood sample. If you are unable to take the kit to your local FedEx store or schedule a FedEx pickup for today, please wait to use your kit.

Delays in shipping your kit the same day as your collection may impact the quality of your sample and could result in delays with the laboratory. For further instructions on how you can schedule a FedEx package pickup from your home, please reference the instructional card that is included in your Tasso+ kit.

**The device can only be used one time. For best use of this kit, please ensure you follow all steps exactly as explained and use timers to reduce mistakes.**

Please read this entire instructional guide or watch the entire video, titled PD GENERation Person with Parkinson's Tasso+ video, before attempting to use the kit, even if you have participated in at home blood collection before.

If you feel you will need assistance after reading this guide or watching the instructional video, please wait for an additional person to help you.

**Using the device:** The Tasso+ device is quick and easy to use. When using the device, you will need to be able to perform the following actions:

- Shave the top of your arm if there is a large amount of hair present, if applicable.
- Twist the top of a tube cap.
- Rub a heat pack on your upper arm for two minutes.
- Push and hold a button, the size of a quarter, on your own arm and hold for two seconds.

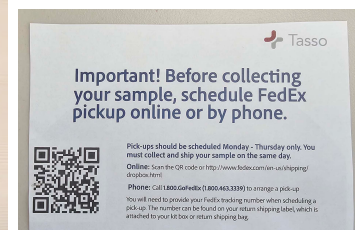
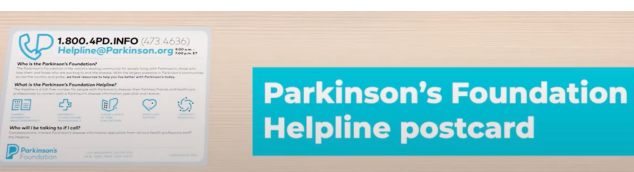
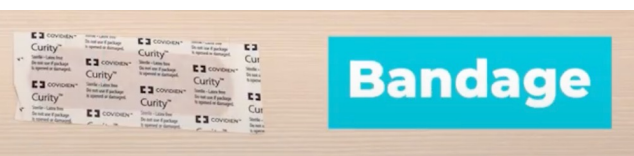
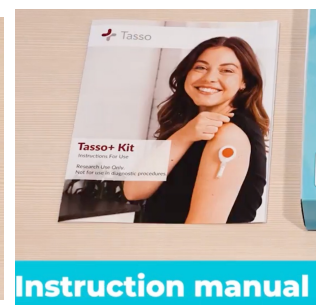
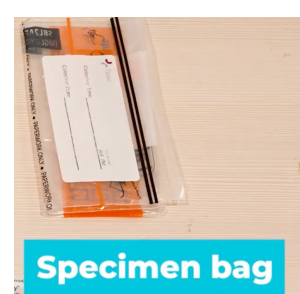
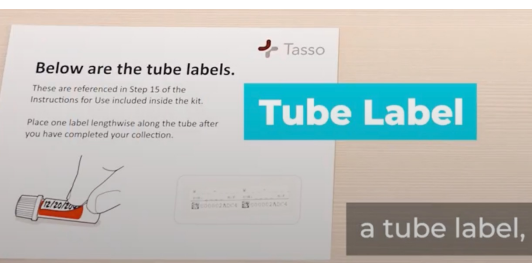
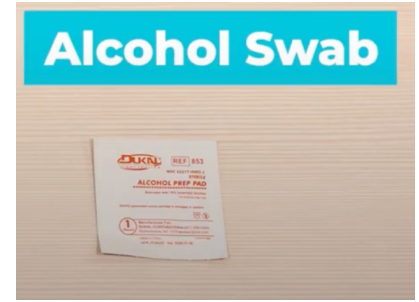
It is recommended that you have one to two glasses of water at least thirty minutes prior to collection.

# Contents of the Tasso+ Kit:



In your kit, you should have the following items:

1. Tasso Blood lancing device
2. Compatible tube
3. Tube label
4. Heat pack
5. Alcohol Swab
6. Bandage
7. Specimen bag
8. Instruction manual
9. Parkinson's Foundation Helpline postcard
10. FedEx pick-up instructional postcard
11. Tasso+ box with shipping return label





If you are missing any of these items, please pause here and reach out to [genetics@parkinson.org](mailto:genetics@parkinson.org) or call our helpline at 1-800-4PD-INFO

**[genetics@parkinson.org](mailto:genetics@parkinson.org)**  
**1-800-4PD-INFO**

Before using the device, you might want to gather a few items to have on hand that will help you successfully complete this blood collection. We recommend:

- Timer- such as a phone, watch, or kitchen timer to time some steps of the collection
- Small mirror- to help see the blood collection process.
- Razor- to shave the top of your arm *if* a lot of arm hair is present. Too much body hair can prevent the kit from successfully attaching to your arm.

## Step-by-Step Use of Tasso+ Device:

### Step 1:

Start by washing your hands for thirty seconds. After washing your hands, shave and wash the collection site, if needed.

Open the protective package by pulling from the corner and remove the Tasso+ device





## Step 2:

Pick up the tube and twist the top cap to remove.



## Step 3:

Insert the tube into the device by pressing until it is snug.



Make sure the tube is tightly attached to the device. When looking at the device, make sure the fill lines on the tube are facing outwards towards you.

Note: the fill lines might be different colors on your tube than the image below.





#### **Step 4:**

Now we need to find where to place the device so we can prepare that area. Please roll up your sleeve to expose your upper arm, if necessary.

The device should be placed two-to-three finger widths down from the shoulder in the center of your arm.



#### **Step 5:**

Next, we will activate the heat pack by snapping and bending the round metal piece inside and kneading the heat pack until it begins to warm. If it is not heating up, then discard the heat pack and simply use your hand for the next step.

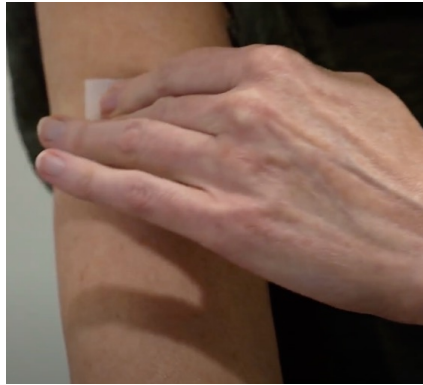
Set your timer for two minutes. Then, rub the heat pack at the collection site at the upper arm for those two minutes. Use your hand if the heat pack is not working. This will help increase blood flow.





### Step 6:

Clean the collection site with the alcohol pad and allow the area to dry.



### Step 7:

Remove the clear plastic cover from the Tasso+ device's red button. Peel the adhesive tab away from the back of the device.



### Step 8:

Hang your arm down by your side and stick the device to your upper arm. Ensure the device is secure by pushing all around the device without pushing on the red button.

If you have a tremor, blood collection may occur more slowly. It is important to hang your arm down and stay relaxed.





### Step 9:

Now, it is time to start the blood collection. Use two fingers to firmly press the red button down once for two seconds and release. It is normal to feel some resistance when pushing down on the button.

**Please note: You might not feel the device working. You should not press the button more than one time.**



### Step 10:

Set your timer for five minutes and let the tube fill with blood. Leave the device on your arm, even if you do not feel the lancet. Use the small mirror to watch the tube fill, if needed. It could take one-to-two minutes for blood to appear in the tube.

If blood reaches the top fill line before the five minutes are over, you can remove the device. To remove the device, gently peel the device from one side to the other. It should come off your arm like a sticker.





### Step 10:

Now it is time to remove the tube with your blood in it from the device. To remove the tube, twist it slightly and pull down carefully.



Place the cap tightly on the tube by pressing to snap the tube closed.



### Step 11:

Gently invert the tube ten times to mix the blood. Tap or flick the tube with your finger to also get the blood moving. Do not shake the tube. The goal is to gently mix the blood.





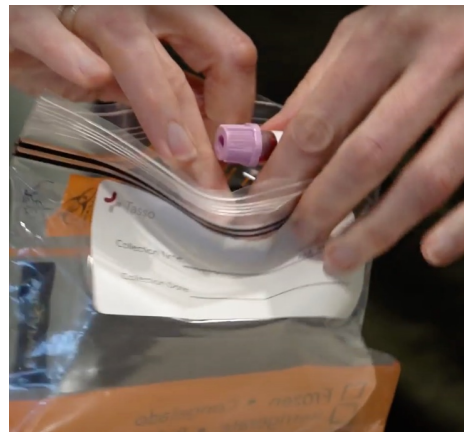
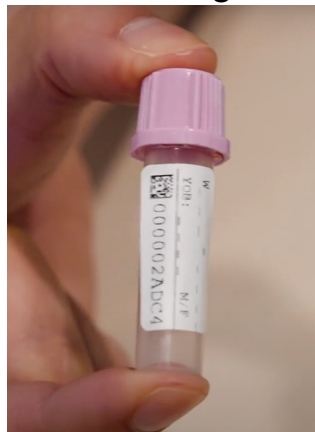
To stop any bleeding from your arm, apply the band-aid.



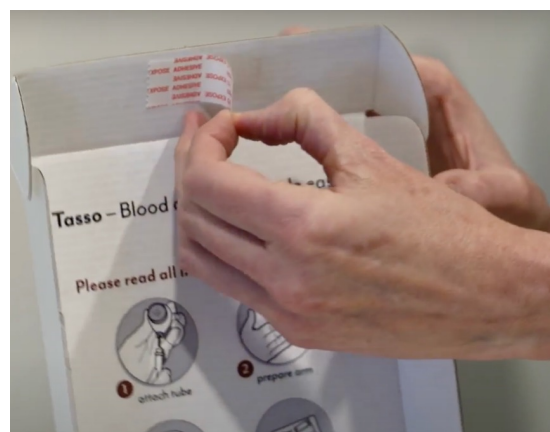
## Shipping the Kit to the Laboratory:

You have now completed the collection of the blood and it is time to prepare for shipment.

Take the label provided to you, remove the backing and wrap it around the tube as shown in the picture below. Next, place the labeled tube into the specimen bag and seal the bag.



Then, empty the remaining items from the Tasso+ box, and place the labeled specimen bag into the box. Peel the adhesive back off the box and seal the box.





## Disposal Instructions:

Properly dispose of all other used items. The lancet retracts back into the device after use and will not deploy again. You can dispose of the kit and kit contents safely in your regular trash bin. Wash your hands after use.

## Shipping Instructions:

The box already has a prepaid label on it. Please drop the box off at your local FedEx facility or schedule a day of package pick-up.

Once you drop off your sample at FedEx, our lab will analyze your sample and create a clinical report for your test results. This can take up to two months.

Once your results are analyzed, a genetic counselor or your clinician will be in touch with you to schedule a genetic counseling appointment to discuss your results.

You have now reached the end of the instructional guide for using the Tasso+ kit for the PD GENEration research study. If you have any questions or concerns, please feel free to reach out to us at: [genetics@parkinson.org](mailto:genetics@parkinson.org) or call our Helpline at 1-800-4PD-INFO

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