Veroval®
SELF-TEST

HARTMANN

Cholesterol

Quick test for the determination of an elevated cholesterol value

3 min

Accuracy > 96 %

Medical self-tests for home use

Risk for your vessels: cholesterol

Cholesterol is produced in the liver and plays an important role in a multitude of bodily functions, for example for the formation of cell membranes. However, an elevated blood cholesterol level is a risk factor for arteriosclerosis (arterial calcification). This often occurs unnoticed up to an advanced stage. Arteriosclerosis of the coronary vessels leads to worsening of the blood supply to the heart muscle through to vascular occlusion and heart attack.

Knowing where you stand: Cholesterol quick test

With the Cholesterol quick test, you can determine your cholesterol values quickly and reliably. If your values are elevated, you should discuss with your doctor whether a change in diet and lifestyle may be useful.

How reliable is the Veroval® test?

The Cholesterol quick test was developed for the purpose of making the accuracy and dependability of modern diagnostics also available for private use at home. It is based on the measurement of cholesterol values in the blood and thus corresponds to the state-of-the-art in medical research. **Accuracy, as evidenced in a performance evaluation study, is greater than 96 %.**

Performance data:
In one study, total cholesterol values from 150 blood samples were evaluated with the cholesterol quick test. The colour field corresponding to the values shows 96.6 % consistency with the reference method in the laboratory. This test is thus suitable for rapid total cholesterol measurements.

Is the test complicated to perform?

No: All you need are clean washed hands, a clock with a seconds display and a flat table surface. The exact test procedure is described overleaf.

What should I pay attention to?

Storage:
- Store the self-test and all components at 4 °C to 30 °C.

Shelf life:
- For storage, as specified above, see expiry date on the film packaging of the test disk and on the outer packaging.

Accuracy:
- Accuracy is greater than 96 %.

Application:
- **To be able to determine your fasting cholesterol level, you should not eat or drink in the 12 hours prior to performing the test.**
- **Wait around 3 months after pregnancy or severe illness, and 3 weeks after mild illness, before you test your cholesterol value.**
- Do not use if the film packaging is open or components are damaged.

Disposal:
- All components can be discarded in the household waste together with the outer packaging.
- The desiccant in the film packaging can be discarded.

Caution:
- Test components must be considered potentially hazardous materials, which however present no danger if you use all test components in accordance with the instructions.

Important note:
Take the result seriously even though a one-time elevated value is not yet conclusive. For this reason, the final diagnosis should always be made together with the doctor. To detect elevated blood cholesterol levels promptly, keeping a supply of the quick test for determining an elevated cholesterol range is recommended, so the values can be checked regularly.

Consult instruction leaflet!
Store the test out of the reach of children.
Do not use the test after the expiry date.
Store test components at 4 °C to 30 °C.
Use the test and automatic lancing devices one time only.
Do not use damaged lancets!
Do not dismantle the test disk.
The test is for external use only.
In vitro diagnostic product for self-testing.

Lancet

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STERILE R

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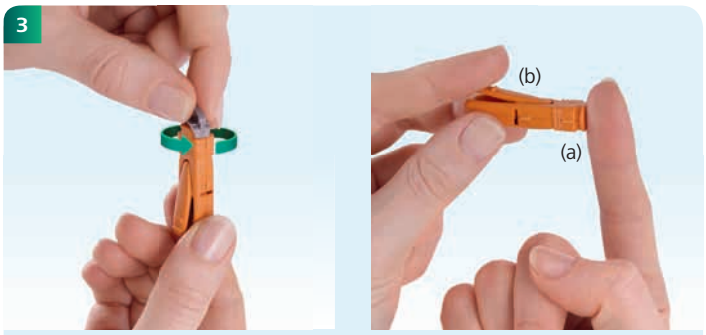
Cholesterol quick test
This is how it's done:

1

Contents
- 1 film packaging with test disk and desiccant (1)
- 2 automatic lancing devices (1 replacement) for taking the blood sample (2)
- 1 plaster (3)
- 1 instruction leaflet

2
- Take the test disk out of the film packaging immediately prior to performing the test and lay it in front of you on the table.

3



- Twist the grey cap of an automatic lancing device (2) until it detaches. Then twist fully another 2 times.
- Press the lancing device with the round opening against the side of the fingertip (a) and activate the release mechanism (b).

4

- Drop a large drop of blood at close range onto the test field of the test disk (1). In doing so, do not touch the test field.
- Use the enclosed plaster (3) if required.

5
- Make sure that the drop is at least as big as depicted above.
- Do not move the test disk for 3 minutes. Please do not wait for a shorter or longer length of time, as the result may otherwise be distorted.

6

- Hold the small tab on the underside of the pointer and pull off the pointer cover carefully with the other hand.

- You now have 30 seconds to turn the pointer to the colour field on the disk that is most similar in colour and intensity to that of the result point. After more than 30 seconds, the result becomes distorted.

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- The corresponding cholesterol value is displayed below the colour field. The test result can be read off in mg/dl (milligrams per decilitre) and in mmol/l (millimoles per litre).
- If darker and lighter patches occur on the result point, decide in favour of the patches which tend to be larger on the whole. Small reddish-brown patches mean that red blood cells have advanced to the result point. You can ignore these patches.

Normal values

150 175 200

Values up to 200 mg/dl (5.2 mmol/l) are considered normal values for adults. Your value most probably lies within this range, if your evaluation yielded values up to 200 mg/dl.

Elevated values

225 250 300+

Values over 200 mg/dl (5.2 mmol/l) are classed as elevated values. Your value is most probably in the elevated range, if you read off values over 200 mg/dl. (This also applies if you found it difficult to decide between the 200 mg/dl and the 225 mg/dl field). If a value is elevated, visit your doctor soon for a more accurate determination of your cholesterol values.

Invalid result

The test is invalid if no greenish colouration of the result point has occurred. Reasons for this could be damaged film packaging, damaged blood separation layer, incorrect storage or application error. In this case, please keep all the test material and contact info@hartmann.info in Germany and office@at.hartmann.info in Austria.

In this test, the enzymes cholesterol esterase, cholesterol oxidase and peroxidase are used to activate a dye, resulting in a colour change that is proportional to the total cholesterol content in whole blood.

The following interfering factors are known:
- Haemoglobin > 200 mg/dl and bilirubin > 42 mg/dl.
- Excessive amounts of ascorbic acid (vitamin C), alpha-methyldopa or Novalgin lead to apparently lower values.
- The result is influenced by the haematocrit value in an inversely dependent manner.
- Elevated bilirubin values can cause the result to be too low.
- Steroids such as epiandrosterone, dehydroepiandrosterone, campesterol or sitosterol distort the result, if present at abnormal concentrations.
- Medications, diet, stress, diabetes mellitus, severe illness and pregnancy. Wait around 3 months after pregnancy or severe illness, and 3 weeks after mild illness, before testing your cholesterol value.