



Read all instructions before beginning the collection process.

Before collection

1. Patient should wash their hands with soap and warm water to ensure better circulation. Dry hands thoroughly.

Stimulate blood flow

2. Stimulate blood flow by letting the patient's hand hang down by their side, and they should shake their hand back and forth for 15–20 seconds.

Prepare for collection

3. Use an alcohol prep pad to clean the fingertip to be used for the blood spot (middle or ring finger on non-dominant hand is recommended). Wait 15 seconds to allow finger to dry.
4. Using the lancet, press firmly against the side of the fingertip until punctured.
5. Wipe away the first drop of blood with gauze.

Collect the sample

6. Position the nicked finger over the blood spot collection card and drip blood into the circles on the card.
 - a. Gently squeeze from palm to finger to stimulate flow if needed.
 - b. **Do not** stop and wait between drops; let the drops fall.
 - c. **Do not** use devices that contain EDTA or capillary tubes.
 - d. **Do not** apply specimen to both sides of filter paper.
7. Completely fill a minimum of 2 circles with blood to allow saturation through the paper (see below). Filled circles should appear the same on both sides of the paper.
8. Use the gauze pad to wipe away excess blood from finger before applying a bandage.

Allow to dry

9. Allow blood to air dry at room temperature in a horizontal position for 3 or more hours.
 - a. **Do not** expose card to heat, moisture, or direct sunlight.
 - b. **Do not** stack wet specimens.

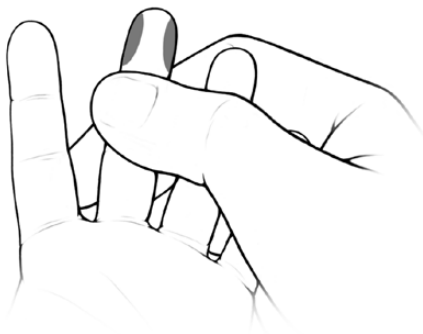
10. **Fill in the Collection Date and Time on the inside of the blood spot card.**

Prepare for shipment

11. Place the dried blood spot card in the white envelope. **Do not place into the envelope if the blood is still appears wet or tacky.**
12. Place white envelope in the pre-labeled FedEx mailer.
13. Bring mailer to a FedEx facility or call 1-800-GoFedEx for home pickup if a facility is unavailable.

Video instructions are also available at the following website: vimeo.com/508490782

Collect sample from shaded area.



Acceptable



Circle filled and completely saturated

Unacceptable



Layering



Insufficient, multiple applications



Serum rings present