



Instructions: Blood Collection For Heelstick or Fingerstick

1. For at least 5 minutes, place a warmer or warm cloth around the hand/heel being used for blood collection. This helps to increase blood flow, making collection easier.
2. Sterilize heel skin or finger with rubbing alcohol, dry, and puncture with sterile lancet not longer than 2 mm.
3. Wipe away the first drop of blood with gauze. Allow large drops to form and apply directly to filter paper. If bleeding is slow, hold limb in a gravity-dependent position (ie, dangle arm or leg toward the ground).
4. Completely fill all circles with blood to allow saturation through the paper (see below). Filled circles should appear the same on both sides of the paper.
5. Allow blood to dry at room temperature in a horizontal position for 3 or more hours.
 - **Do not** squeeze tissue to obtain blood.
 - **Do not** use devices that contain EDTA or capillary tubes.
 - **Do not** apply specimen to both sides of filter paper.
 - **Do not** expose card to heat, moisture, or direct sunlight.
 - **Do not** hold specimens to form batches. Send to Mayo Clinic Laboratories immediately!
 - **Do not** stack wet specimens.
6. Ship dry specimens within 24 hours of collection via overnight delivery to:
Mayo Clinic Laboratories
3050 Superior Drive NW
Rochester, MN 55901

Collect sample from shaded area.



Acceptable



Circle filled and completely saturated

Unacceptable



Layering



Insufficient, multiple applications



Serum rings present