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. Ship dry specimens within 24 hours of collection via overnight delivery to: Mayo Clinic Laboratories 3050 Superior Drive NW Rochester, MN 55901

Acceptable
- Circle filled and completely saturated

Unacceptable
- Layering
- Insufficient, multiple applications
- Serum rings present

Collect sample from shaded area.