



Blood Spot Collection Instructions



Please fill out your identifying information and collection date on the card



Blood will be collected from your finger tip



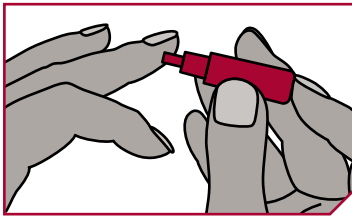
Collect from the side of the tip of your ring or middle finger on your *non-dominant* hand



Warming your finger under warm water for a minute immediately prior to collection will make it easier



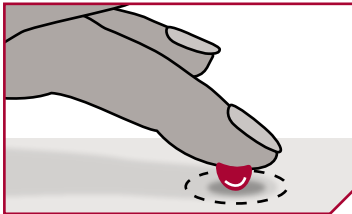
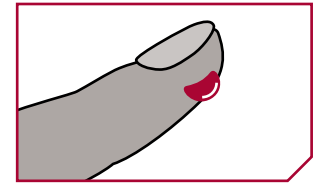
Clean your finger tip with provided alcohol wipe allow it to air dry completely



The lancet will make a very small needle prick on your finger
Remove the cap from lancet hold it against your chosen finger
Trigger the the lancet to make the small needle puncture

WAIT: Patiently allow a large blood droplet to form on your finger that will be big enough to fill an entire circle on the blood spot card

If needed, you may apply gentle pressure to induce blood drop formation, but avoid forcefully squeezing



Gently spot blood onto the center of a circle on the blood spot card
Allow the blood droplet to wick off of your finger and on to the paper
The blood drop must be large enough to saturate the paper circle such that you can see the red spot from both sides of the paper



Avoid smearing or wiping blood onto card



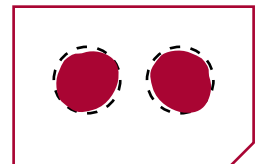
Avoid layering multiple drops on same spot



After making your 1st spot, allow another drop to accumulate on your finger and use the 2nd circle on your card to make another spot

Use as many of the circles as needed to get **at least 2 good samples**

When done, you can apply the included band aid to your finger tip



Let the card dry at room temperature for at least 1 hour, or overnight



Do not cover card while drying or expose it to heat/sunlight



Once your card is dry, close the flap and mail blood spot card to the laboratory using the pre-addressed postage paid envelope included with this kit

Cards should be mailed within 24 hours of collection



Questions about testing and results should be directed to your referring clinician