

# BLOOD SPOT SPECIMEN COLLECTION KIT



SCIENCE + INSIGHT

# BEFORE YOU START:

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## 1 Verify Kit Contents:

- |                           |                                    |
|---------------------------|------------------------------------|
| 1 Collection Instructions | 1 Blood spot collection card       |
| 1 Isopropyl alcohol wipe  | 1 Zip lock bag with desiccant pack |
| 1 Sterile gauze           | 1 Prepaid return mailing envelope  |
| 2 Single-use lancets      | 1 Requisition form                 |
| 1 Adhesive bandage        |                                    |

*If you are missing kit components, please call Doctor's Data's Customer Service department for assistance.*

800.323.2784 (US AND CANADA)  
0871.218.0052 (UNITED KINGDOM)  
+1.630.377.8139 (GLOBAL)

## 2 Please read all of the directions, and familiarize yourself with the collection procedures.

This test requires no special diet. *Discuss with your healthcare provider if you are taking blood thinning medications or if you have a blood clotting disorder. Never discontinue prescription medications without first consulting your physician.*

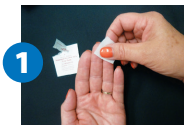
The lancets and collection card provided are for one time use only. Do not collect from the fifth/little finger, or on children younger than one year, because the tissue depth is insufficient. **Do not layer blood on a previously dried spot.** Avoid strong repetitive pressure (milking) in the pricked finger. This may cause tissue-fluid contamination of the specimen.

## 3 Complete the paperwork and mail.

Write the patient's name, the date of collection, and patient's date of birth on the collection card then fill out the test requisition form completely and sign it. The test cannot be performed without the patient information on the card and a properly filled out requisition form. Place the completed requisition form and the card into the return mailing envelope and send.

Consult your physician if you have any questions during the test collection process.

## COLLECTION INSTRUCTIONS:



1. Wash your hands under warm water for a few minutes. Dry your hands then cleanse outer edges of your middle and ring finger with alcohol wipe and dry with sterile gauze pad.



2. Remove the cap from the lancet. Press the lancet firmly against the outer edge of your ring or middle finger until you hear a click. Wipe away first small drop of blood with sterile gauze. Lower your hand to increase blood flow. Gently massage the entire length of finger to form a large, hanging blood drop.



3. Fold the flap of card up and away from the blood circles. Touch the blood drop to the center of a circle on the card.

**Do not layer blood on a previously dried spot.** Blood should saturate through both sides of the card. The circles should look like the "acceptable" illustration shown on reverse.



4. Repeat this procedure until the circles are filled with blood. If you are unable to get sufficient blood from the

collection, repeat from Step 1 using a different finger and the second lancet provided.

5. Following the blood collection, gently press the gauze pad to the incision site until bleeding stops, then use the adhesive bandage as needed.
6. Bend the card to allow the blood spots to air dry on both sides for at least 3 hours. Keep away from direct sunlight, moisture, and heat sources while drying. If the card is not completely dry before shipping, the samples may be unusable.
7. After drying, close the flap. Place the card into the plastic zip lock bag with desiccant pack and seal. Place the sealed zip lock bag into the return mailing envelope along with the requisition form and mail. No postage is necessary worldwide.

For best results, Doctor's Data recommends mailing specimens as soon as possible.

## AVOID:

- Layering blood on a previously dried spot
- Smearing blood onto the card
- Touching the surface of the card with fingers

## CONFIRM:

- Blood should saturate through both sides of the card
- Requisition is properly completed and signed
- Dried card is in ziplock bag with desiccant

Acceptable Collection Card Example



Unacceptable Collection Card Example



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For more detailed information about blood spot collection and testing visit [doctorsdata.com/bloodspot](https://doctorsdata.com/bloodspot)