



# Dry Blood Spot Card Instructions

## EXTRAS

### CONTENTS

- Dry blood spot card (DBS)
- Biohazard specimen bag
- Silica gel packet
- Two (2) lancets
- Two (2) bandages
- Sterile gauze
- Alcohol swab

**DO** be sure to fill circles completely.

**DO:** If not enough blood is collected from one finger, use the second lancet and repeat the procedure on the small or middle finger.

**DO NOT** add more blood once the paper has begun to dry.

**DO NOT** touch the paper with your fingers. Blood may extend beyond the line, but do not let blood spots touch each other.

**DO NOT** heat, blow dry, or expose the blood spot card to direct sunlight. Heat will damage the specimen.

### INSTRUCTIONS

- 1 Write your personal information and the date and time of collection in the designated fields.
- 2 Open the cover to expose the circles on the blood spot card. Do not touch the blood collection paper.
- 3 Wash your hands for at least 30 seconds with warm water, then shake hands for 15 seconds to help blood flow to your fingers.
- 4 Twist off the lancet cap. Press the small end firmly on the side of your ring finger, near the tip, until the needle ejects. Lancet is for single use only.
- 5 Apply 3–6 drops in the center of each circle until the circle is filled and paper is soaked through. Repeat for each circle.
- 6 Check the back side of the blood collection paper. Blood should saturate through and fill each circle.
- 7 Without closing the blood spot card, lay it on a flat surface and allow it to air dry at room temperature for at least 30 minutes.
- 8 When the blood spot card is dry, tuck the flap to close. Place the blood spot card and lancets into the biohazard bag with the silica pack. Make sure the bag is completely sealed.

### TIPS & TRICKS TO HELP BLOOD FLOW

In order to get enough blood to give a sample, you may need more than one finger prick. Repeat these tips between finger pricks.

- Do not perform collection immediately after smoking.
- Wash your hands under warm water.
- Shake your hands vigorously towards the floor.
- Keep your hands below the level of your heart.