

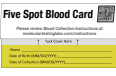
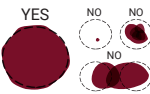



# Dried Blood Spot Collection Instructions

Submitting a good sample simplifies things for you.

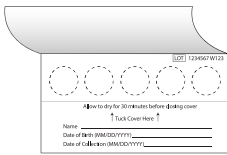
## 5 Key Steps:

-  Scan code to visit <https://qrco.de/be1JJm> for video collection instructions.
-  Drink water before collection
-  Fill out card(s)  
(Name, DOB, DOC)
-  Provide enough blood
-  Return your sample

## This Kit Includes:

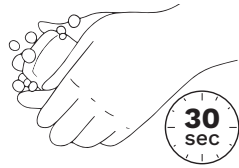


## Collection Instructions



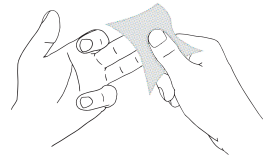
### 1. Fill Out Card

Completely fill out information requested on the card. Open the blood card flap to expose the collection circles, careful not to touch the collection circles.



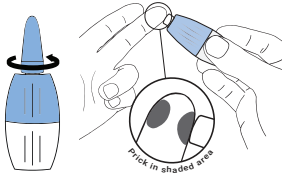
### 2. Wash Hands

Wash hands with warm water for at least 30 seconds, then shake hands vigorously for 15 seconds to encourage blood flow to your fingers.



### 3. Sanitize Finger

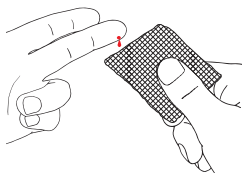
Clean your fingertips with the alcohol pad. It is best to use the middle or ring finger of your non-dominant hand.



### 4. Use Lancet

Take the lancet and twist off the cap. Press the lancet tip firmly into the side of your finger until the needle ejects with a "click".

*\*Properly dispose of lancet after use.*



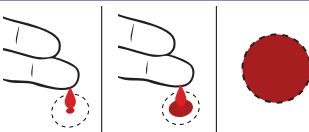
### 5. Start Blood Flow

Keeping your hands below your heart, wipe away the first drop of blood with the gauze pad. Once the drop is wiped away, massage finger toward the fingertip to get a large drop of blood and be ready to apply to the blood collection paper.



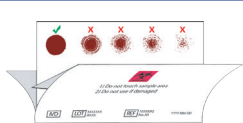
### 6. Drip Blood

Drip blood to the center of the circle. The bottom of the blood drop can touch the collection paper, but not your finger.



### 7. Fill Circles

Apply one or more drops of blood to fill the circle. Apply each drop over the same location until the circle is completely full. Complete one circle before going to the next. Do NOT apply blood to a previously filled circle.



### 8. Let It Dry

Blood should soak through to the back side of each circle of the blood collection paper. Without closing the blood card, lay it on a flat surface and allow the blood collection paper to air-dry at room temperature for at least 30 minutes.



### 9. Return Sample

Tuck the flap into the card to close the dried blood card. Place the card into the biohazard bag, along with the desiccant pack. Ensure the biohazard bag is completely sealed.



\*Scan code to visit <https://qrco.de/bfK1hx> for information about safe disposal of single-use lancets.