



## 1 Before You Begin Collection

- Discuss with your healthcare provider if you are taking blood thinning medications or if you have a blood clotting disorder.
- Hydrate with plenty of water (2-4 eight ounce cups) a few hours prior to collection.
- **Complete the Test Requisition Form**  
Please PRINT clearly. Include physician or health care practitioner's approval in the space provided. A physician authorization may be attached to the Test Requisition Form.
- **Fill out the DBS Collection Card**  
Include patient's name and the date. Barcode space is for laboratory use only.
- Wash hands with soap and warm water.
- Choose the designated finger.
- Clean with the alcohol swab provided.
- Allow the area to dry.

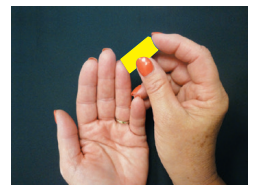


## 2 Stimulate Blood Flow

- Stimulate blood flow by warming and shaking your hand for 15-20 seconds. Rub the finger to increase stimulation.
- Running the hand under warm water for a few minutes may also help increase blood flow.

## 3 Use the Lancet Provided

- Using the lancet provided, twist off the yellow tab and pull straight out.
- Place finger firmly against a hard surface and press lancet to puncture finger.  
**Using side of fingertip may cause less discomfort.**
- Wipe off the first blood drop with the same alcohol swab and massage the entire length of the finger as needed to form a large, hanging blood drop.

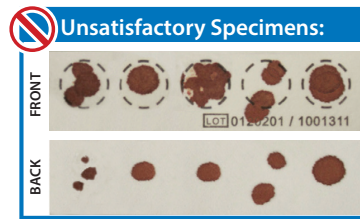


**The lancet needle retracts immediately after use, leaving the device safe for disposal in a regular trash can. DO NOT return the lancet with sample. Lancets are for one time use only.**

**Instructions continue on reverse side**

## 4 Collect the Sample

- Place a large free-flowing drop of blood on each circle, making sure not to touch collection card with finger. If circle is not filled completely, place additional drops immediately on the same circle.
- If more blood is needed, wipe with alcohol pad again and massage finger to assist blood flow. Be sure to use the second lancet provided as each lancet is for one time use only.
- Four full blood spots (circles) are required in order to run the test. Completely fill four spots. Once dried, DO NOT place additional drops on the same circle.



All Dried Blood Spot specimens received at The Great Plains Laboratory are examined for specimen acceptability. Your sample will be rejected if it is not a satisfactory specimen and a re-collection may be necessary.

## 5 Allow to Dry

Bend the card to allow the blood spots to air dry at room temperature for 3-8 hours. Avoid touching or smearing the blood spots. Keep away from direct sunlight and heat sources. Do not stack or allow DBS card to touch other surfaces while drying.



## 6 Mailing Instructions

Make sure specimen is dry and close the flap prior to mailing. Within 24-48 hours of collection, place the DBS collection card into the zip lock bag (with dessicant pack) and seal. Keep away from direct sunlight and heat sources. Keep packaged DBS card cool and dry until transported to the lab. Avoid leaving in vehicles, as sun and heat will deteriorate the DBS.

Place the zip lock bag in the prepaid FedEx Return Envelope. Place completed Test Requisition Form and other forms that may apply into the envelope. Be sure to seal. In the United States, call FedEx at 1-800-463-3339 for pick up. Mention you need to schedule a pick-up using a billable stamp. Do not put kits in a FedEx drop box.