

### SUPPLIES

You will need the following:

- (1) Dried Blood Spot Card
- (2) Lancet
- (1) USPS® Prepaid Envelope
- Band-aids
- (1) Alcohol Pad

### STEP 1: BEFORE YOU BEGIN

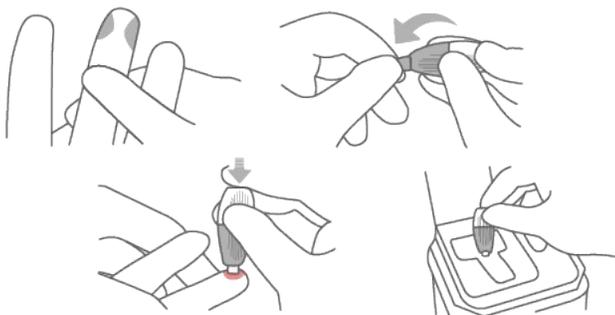
- Fill out the DBS Collection Cards. Include patient's name and the date.
- Wash hands with soap and warm water.
- Choose the designated finger and clean with the alcohol pad provided.
- Allow the area to dry.

### STEP 2: HELP 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.
- Its helpful to hydrate with plenty of water (2-4 eight ounce cups) a few hours prior to collection.

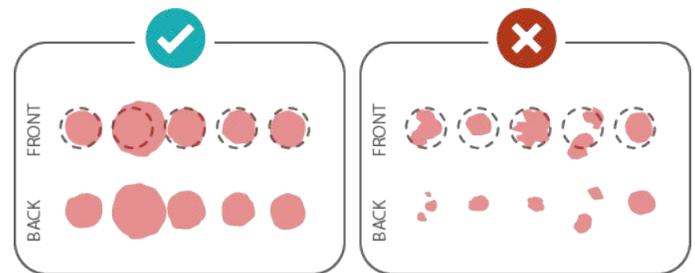
### STEP 3: USE THE LANCET PROVIDED

- Identify the desired puncture site and make sure it is properly cleansed.
- Twist of tab to break the seal and discard.
- Position safety lancet firmly against puncture site as illustrated. Hold safety lancet between fingers.
- To activate, press safety lancet firmly against the puncture site. Do not remove the device from the site until an audible click is heard.
- Discard used safety lancet into a sharps container.



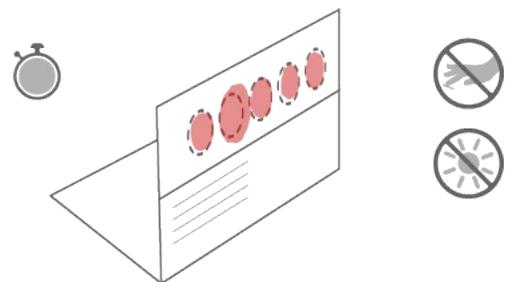
### STEP 4: COLLECT THE SAMPLE

- 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.
- Five full blood spots (circles) are required in order to run the test. Completely fill all five spots. Once dried, DO NOT place additional drops on the same circle.



### STEP 5: ALLOW TO DRY

- Bend the card to allow the blood spots to air dry at room temperature for at least an hour. 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.



### STEP 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 inside the provided return envelope and seal. Keep away from direct sunlight and heat sources. Keep packaged DBS card cool and dry. Avoid leaving in vehicles, as sun and heat will deteriorate the DBS. Drop the envelope into any USPS mailbox or take it to your local Post Office—postage is prepaid