

# ONSITE

## Clinical Care

### Dried Blood Spot (DBS) Collection Instructions



#### Collection Tips:

- Stay Hydrated. Please ensure you are not dehydrated prior to performing your collection.
- Do not perform blood collection immediately after smoking.
- To encourage blood flow to your fingers prior to collection, shake hands vigorously toward the floor.
- Allow the blood sample to soak through and completely fill each circle.

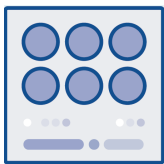
#### What Happens Next:

1. Once your sample is received and passes the quality check, the lab will begin to process your sample.
2. A board-certified physician will review your results and securely transmit them back to us.
3. You will receive an email as soon as your results are ready

# Getting Started

Accurate results start with a properly collected specimen. Please review the specimen collection instructions thoroughly before you begin.

## Step 1: Prep



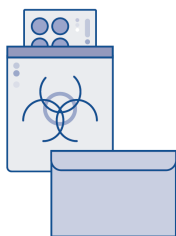
1. Lay out all the contents of your kit.
2. Locate the blood spot collection card and unfold it without touching the collection circles.
3. Ensure to fill out your Dried Blood Spot card with the patient name, date of birth, and collection date.
4. Wash your hands for 60 seconds under warm water.
5. Wipe your fingertip with the provided alcohol pad to sterilize.

## Step 2: Collect



1. Break the seal of your lancet and press the tip against the outer edge of your third or fourth fingertip until an audible click is heard.
2. Gently squeeze below the puncture site until a large drop of blood forms. Wipe away that first drop with gauze.
3. Hold your fingertip above each circle on the collection card until each circle is saturated to the back of the card. Make sure not to touch the collection circles.
4. Ensure that each circle is filled to the edge and saturated to the back of the card before filling extra bloodspots.

## Step 3: Return



1. Leave your collection card to air dry for at least three hours.
2. Once dry, tuck the cover into the flap and place the collection card in the biohazard bag and seal.
3. Put the samples back into the box. Place the box into the return envelope and apply the shipping label provided.
4. Ship your sample back right away; it can expire if not returned immediately.
5. Await your results!