

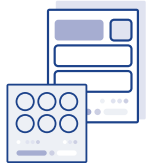
GETTING STARTED

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


To improve your blood collection experience:

- Make sure you're well hydrated before starting
- Do a few jumping jacks or other exercises to get your pulse up and get blood flowing to your hands.
- Run your hands under warm water for 30-60 seconds

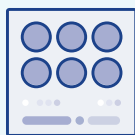
STEP 1:

PREP		<ol style="list-style-type: none">1. Lay out all the contents of your kit.2. Locate the blood spot collection card and unfold without touching the collection circles.3. Fill out the patient information on your requisition form and on the collection card. The name on the requisition form and card must match. Unlabeled cards will be rejected.
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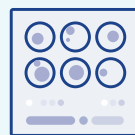
STEP 2:

COLLECT		<ol style="list-style-type: none">1. Wash your hands for 60 seconds under warm water. Warming your hands is an easy way to increase blood flow and make the collection process easier.2. Break the seal of the lancet and press the tip against the outer edge of your third or fourth fingertip until an audible click is heard.3. Gently squeeze below the puncture site until a large drop of blood forms. Wipe away that first drop with gauze.4. 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.
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Quick Tip: To ensure there is a sufficient sample for testing, make sure each circle is filled to the edge and saturated to the back of the card before filling extra bloodspots.




Valid Specimen:
Blood must saturate through to the back of the card, to be sufficient for testing.



Invalid Specimen:
Specimens with uneven and incomplete filling of circles will be rejected.

STEP 3:

RETURN		<ol style="list-style-type: none">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 along with the desiccant.3. Send your sample back to us in the prepaid envelope and wait for your results! <p>IMPORTANT: Samples received without the requisition form cannot be processed.</p>
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Dried Blood Spot (DBS) Collection Instructions

General Guidelines

- The materials provided in the kit are for one-time use only.
- Avoid strong, repetitive pressure on the pricked finger.
- Allow the blood sample to soak through and completely fill each circle on the collection card.
- Do not rub or smear the sample.
- To preserve the functionality of the desiccant, do not leave the biohazard bag open before, during or after blood collection.
- The lancet is not suggested for use on children younger than 18 months old.
- Do not collect blood samples from pinky fingers, swollen or previously punctured sites.

Medical Precautions

- Do not perform this test if you are taking blood thinners or have a blood clotting disorder (unless authorized by your healthcare practitioner).
- Immunosuppressive drugs (e.g., prednisone), immune-modulating drugs, and topical cortisone suspensions and creams may alter test results.
- Consult with your healthcare provider prior to making any changes to your current medication regimen.
- We recommend maintaining your usual dietary habits prior to blood collection, or consult with your healthcare practitioner before making any changes to your diet.

USBioTek Laboratories' Specimen Collection for Dried Blood Spot (DBS) is permitted for use under the guidance of a healthcare practitioner. Please contact your practitioner with any questions or concerns regarding proper lancet use.



For More Detailed Instructions:

For detailed instructions to assist in your specimen collection, use the QR code to the left or visit usbiotek.com/collect-specimen