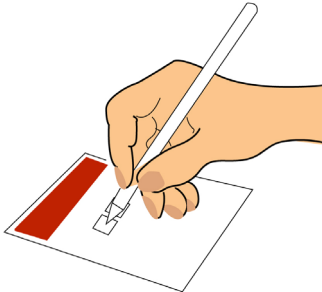


## How to provide a DRIED BLOOD SPOT sample

# INSTRUCTIONS

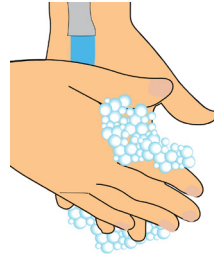
Contents; Request form, Return postal envelope, Dried Blood Spot Card, bag with desiccant sachet, Lancets, Alcohol wipe, Spot plaster, Sterile wipe

1



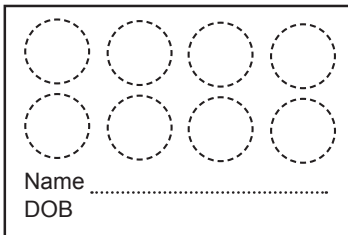
Clearly write the date the sample was taken and then sign the enclosed form'

2



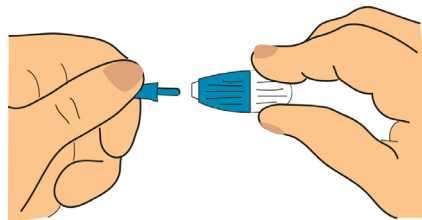
Wash your hands in hot soapy water and dry them using a clean towel. You are now ready to start the sample collection.

3



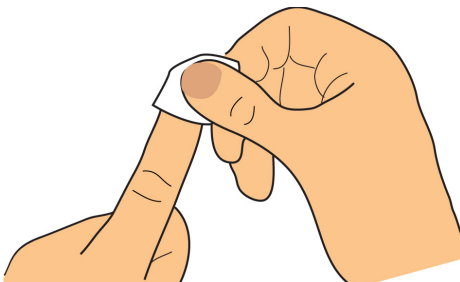
Open the dried blood spot collection card and lay it on the table in front of you so the dotted circles are facing upwards.

4



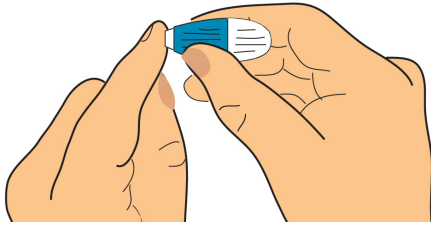
Twist and pull the blue tip from the lancet. It is now ready to use. We suggest the you use the hand that you write with to hold the lancet.

5



Use the alcohol wipe provided to wipe clean the index finger or middle finger of the other hand. Standing up and shaking your hand vigorously below your waist helps the blood flow to your hand.

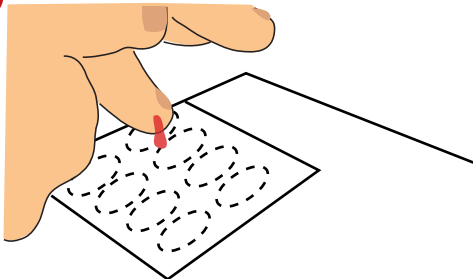
6



Put your finger on its side on the table, so the pulp is facing upwards. Locate the lancet against the pulp of your finger and press the lancet firmly against your finger until you hear a click.

A droplet of blood should form at the end of the finger. Position your finger over a spot on the blotting paper. Massage your finger from knuckle down to the tip releasing your grip between.

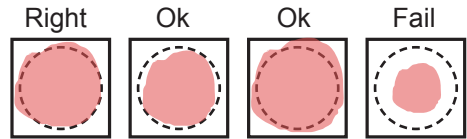
7



Drop 1-2 droplets of blood onto each circle on the card so that it reaches the edge of the circle and has soaked through to the back of the card. Standing will help.

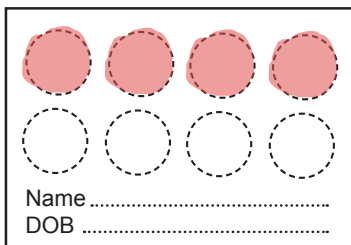
8

Have you done it right?



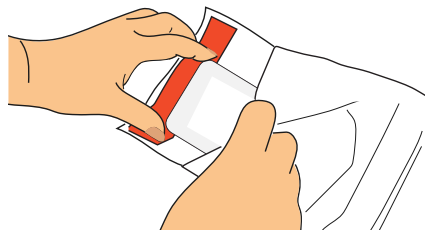
The first spot is perfect, the next two spots are ok, but the last spot is a fail. Please fill at least 4 circles on the card.

9



Please write your name and date of birth on the card and ensure you have completed the accompanying Request Form with the matching information.

10



Leave the card to dry in the air for about 30 mins before packing back into the grip seal bag with the desiccant sachet. Then pack this with the request form into the envelope provided, seal and post that, or the following day.