

## Dried Blood Spot Tutorial

Study staff will guide you through this and be available for any questions.

If convenient, do not engage in vigorous activity or eat a large meal before the blood collection.

Prepare

Collection

Clean Up,  
Dry & Mail

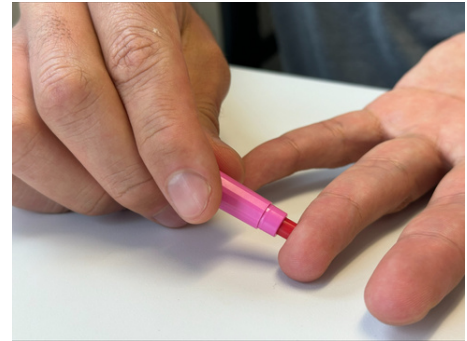
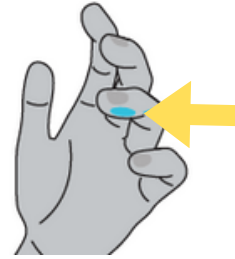
### PREPARE

1. **Wash hands** with soap & warm water.
2. **Pull out large Ziploc bag** labeled "Dried Blood Spot Collection Kit" from study packet.
3. **Lay blue protective pad** on flat surface.
4. **Set following materials on pad & place extra materials off to the side** (see picture):
  - 1 Alcohol prep pad
  - 1 Pink Lancet
  - 1 Gauze
  - 1 Adhesive bandage
  - 2 Foil barrier bags with 903 card and desiccant pack inside
  - 1 Return teal envelope
5. **Prepare items:**
  - Pull out 903 card from foil barrier bag, open & fold back card to expose circles
  - Lay card flat on pad
  - Pull cap off lancet
  - Tear open alcohol swab
  - Open adhesive bandage
6. **Promote blood circulation** to chosen hand (see picture)
  - Massage forearm & pull down towards fingertips



## COLLECTION

7. **Wipe ring finger pad with alcohol swab**, when ready for the finger prick.
8. **Place lancet against finger** with your hand resting on the table, and your palm facing up.
  - You will be pricking your ring finger, just off center of finger pad, towards your pinky.
9. **Press lancet against finger.** Under pressure lancet automatically sticks & retracts.
10. **Wipe away first drop of blood** with gauze.
11. **Turn over pricked finger** to allow large blood drop to form.
12. **Fill dotted circle with blood sample** by allowing blood drop to fall or touch 903 card. Be careful to only touch blood to the card, not your finger.
  - If the blood drop does not fill the circle, DO NOT add another drop to the same circle.
13. **Fill all 5 circles** to the best of your ability.
14. **Wipe excess blood** with gauze
15. **Bandage your finger**



## CLEAN, DRY & MAIL

16. **Show 903 Card** to staff person.
17. **Tent 903 card** to air dry.
18. **Wrap & dispose** of all used materials in protective pad, place into same large Ziploc bag, & place in garbage.
19. **Complete survey** online.
20. **Close 903 card** by folding top of card over blood spots & tuck it into bottom of card.
21. **Put 903 card into foil barrier bag** with desiccant pack.
22. **Put both foil barrier bags with 903 card into blue return envelope**
23. **Mail out as soon as possible same day.**

