Avoid strong repetitive pressure (‘milking’) on the pricked finger. This may cause hemolysis or tissue-fluid contamination of the specimen.

Do not rub or smear the blood sample.

Air dry only.

Missing or incomplete information on the test requisition form will delay the processing time of your specimen.

Allow a sufficient quantity of blood to soak through to completely fill in the preprinted circle on the filter paper.

Test results are sent directly to your practitioner’s office and may take 5–10 business days from the date your specimen is received by the lab.

US BioTek does not accept specimens from New York.

It is suggested that you maintain your usual dietary habits and consume a variety of foods when possible within a couple weeks prior to blood collection, unless advised otherwise by your healthcare practitioner.

Avoid eating foods that may have potentially resulted in a previous adverse reaction and/or anaphylaxis, as secondary exposure may prove fatal.

We strongly recommend consulting your healthcare practitioner prior to making any changes to your current medication regimen.

WeBioTek Laboratories’ Specimen Collection and Shipping Instructions 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.

Read this document carefully before using the contents of this package.
**Preparation**

Requisition Form
Fill out Patient section.

**Collection**

**Blood Spot Collection Card**
Print your Name, Date of Birth, and Date of Collection in provided fields.
- Name on Card and Req. Form must match.
- Unlabeled cards will be rejected.

**Diagrams of the Blood Spot Collection Card**

**Valid Specimen:**
Front AND Back
Sufficient for Testing
Blood must saturate through to the back of the card

**Invalid Specimen:**
Front AND Back
Insufficient for Testing
Uneven and incomplete application will be rejected.

**Lay Out Collection Materials**

**Alcohol Swab/Gauze/Bandage**
Tear open packages, leaving swab, gauze, and bandage inside until use.

**Non-Latex Gloves**
Gloves are for collection assistant, if you have one.

**Prepare Collection Card**

Hold the card without touching the collection circles on the pad

Unfold the cover to expose the Blood Collection Card

Make a fold here:

**Tip:**
Taping the outer cover to the edge of the table top may help stabilize the Blood Collection Card.

**Tip:**
Warming your hands before collection can increase blood flow to your fingers and make specimen collection easier.

**Collection**

1. Twist off the blue tab to break seal on lancet. Do NOT touch or depress white tip.

2. Use the provided alcohol pad to clean the tip of the finger (3rd finger or 4th finger).

3. Place the tip of the lancet against the side of the fingertip. The side facing the 5th finger.

4. Press down firmly until an audible click is heard.

5. Gently press the pricked finger from below the puncture site to allow for a large drop of blood to form.

6. Wipe away the first drop of blood with the gauze.

7. Hold finger downward to allow blood to drop onto circles.

Once specimen collection is completed, apply the provided bandage to the puncture site.

**Drying**

Air-dry completely. Prop the card up or leave taped on table and let air-dry for at least 3 hours. Keep away from moisture and sunlight. It is important that the blood is not in contact with the cover.

Once fully dried, tuck the cover into flap as indicated. Insert the Blood Spot Collection Card into the biohazard bag containing the desiccant and seal tightly (each resealable bag holds a maximum of 5 cards).

**Shipping**

**Shipping Within the US**

Use the white first class prepaid envelope provided. Drop the envelope off at the US postal office or give to your mail carrier. The tracking number is located on the envelope for your convenience.

**Attention**
- Washington, Alaska, Hawaii, Puerto Rico, & US Virgin Islands
- Mail specimen via US Postal Service with the prepaid Priority Mail Envelope provided. The tracking number is located on the envelope for your convenience. A more immediate delivery is at the cost of the practitioner.

**Shipping from Canada**

Shipping Contents Include:
- 1 Large Clinical Pak
- 1 FedEx self-adhesive pouch with mailing label (attached to Clinical pak)
- 2 Waybills (prepacked in Fed-ex pouch)
- 1 commercial invoice (prepacked in Fed-ex pouch)

Place Crush proof Cardboard box inside FedEx Clinic Pak and seal. Do not remove the enclosed waybills and commercial invoice from inside the self-adhesive fed-ex pouch.

Contact FedEx for pickup: 1.800.463.3339

**Shipping Outside of US & Canada**

Client is responsible for the shipping cost.

Wash hands for 30-60 seconds under warm water. Do not fold the Blood Collection Card.