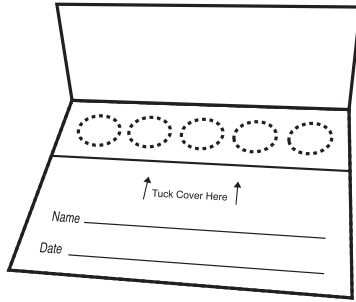


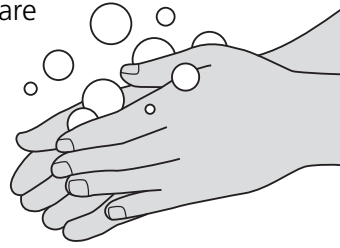
Dried Blood Spot Collection Kit: Step-by-step Instructions

Please read all of the steps in these instructions first before you get started.

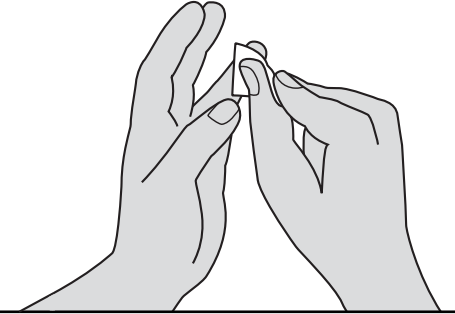
- 1** Fill out **only the DATE** on the blood collection card. **FOUR (4)** is the number of blood circles required.



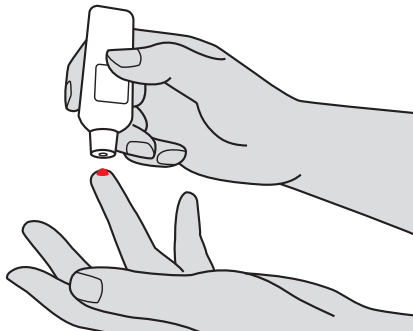
- 2** Wash your hands with soap and warm water to warm up your hands. **It is extremely important that your hands are warm to stimulate blood flow.** Dry your hands with a clean towel. Make sure your hands are **completely dry** before obtaining the sample.



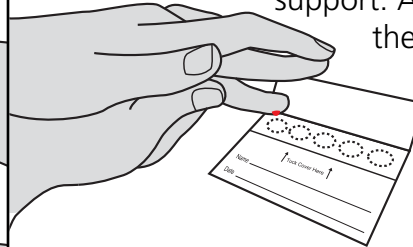
- 3** Select the finger that you want to take the sample from and clean the finger with the alcohol prep pad in your kit.



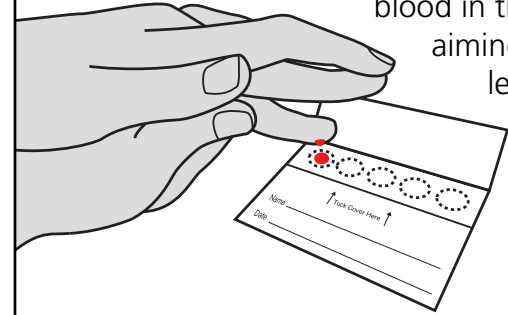
- 4** Remove the lancet cap and place the lancet on your selected finger. Press the lancet plunger down to activate it.



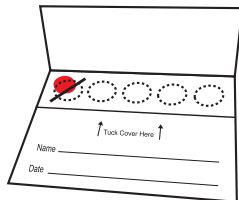
- 5** Wipe away the first drop of blood using the gauze pad in your kit. Then, hold your finger over the blood collection card, placing your other hand underneath for support. Apply pressure to the finger tip and allow a drop of blood to form.



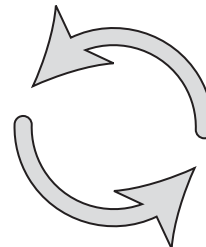
- 6** Touch the blood to the card, but **do not touch the card with your finger.** Place one drop of blood in the circle, aiming to fill at least one-third of the circle with blood.



- 7** If you cannot fill at least one-third of the circle with one drop of blood, stand up and massage your finger. Try again on a new circle. If you touch the card with your finger by mistake, mark that circle with a pen by drawing a line through the circle. Try again on another circle.



- 8** Repeat steps 6 to 7 to fill 4 circles. Use a clean alcohol prep pad each time, before using the lancet. If needed, use a second lancet on another finger and repeat steps 4 to 7. After you are done, clean your finger with the alcohol prep pad and place a band aid on your finger.

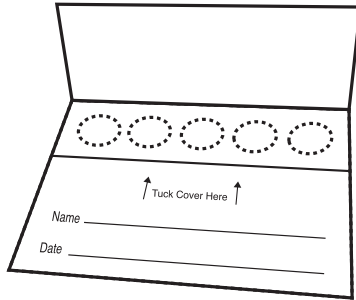


- 9** Lay the card flat and dry for 3 hours. Once dry, fold the top over the circles and tuck the cover inside. Place the card inside the plastic bag with the desiccant packets. The plastic bag with the card should be placed in the Biohazard bag, which can include your other specimens. **We will provide information on how to return your card.**

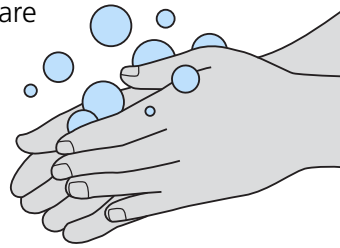
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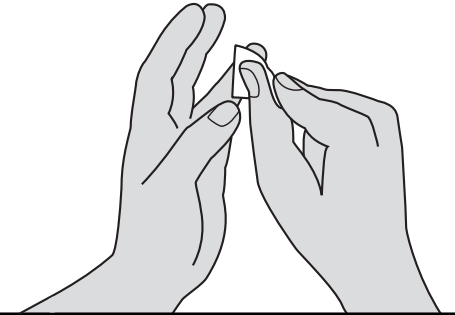
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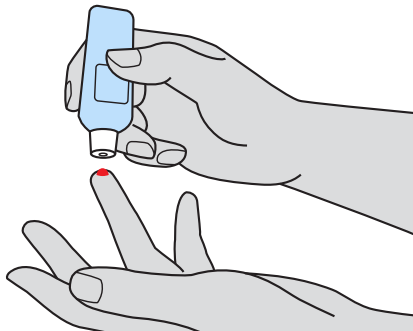
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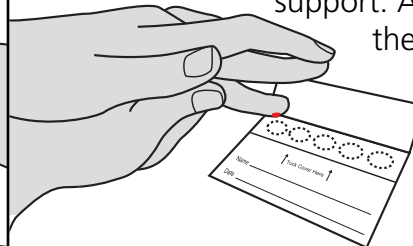
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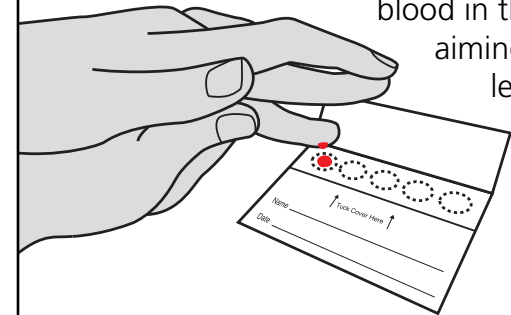
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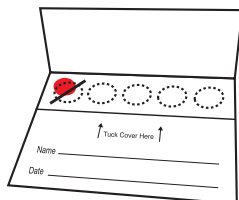
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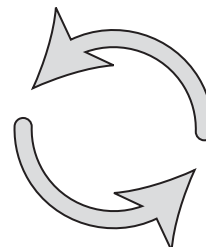
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