

PROCEDURE SHEET: DRIED BLOOD SPOT SAMPLE

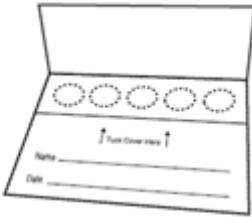


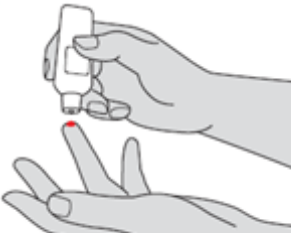




These step-by-step instructions will help you to collect your first sample.

BE SURE TO WATCH OUR PROCEDURE VIDEO: <https://omc.ohri.ca/SSO/pages/Participants.aspx>

*Important! After collecting your sample, leave your card out to dry for at least 3 hours before sending!

We recommend:

- 1) Collect your **Dried Blood Spot Sample** in the evening, the day before you mail in your samples. Leave your card out to dry overnight.
- 2) In the morning, collect your early-morning **Saliva Sample**. After, mail in both samples.

<p>1 Fill out only the DATE on the blood collection card. FIVE (5) is the number of blood circles required.</p> 	<p>2 Wash your hands with warm water and soap. Dry your hands. Next, place the finger you will draw blood from in a bowl of warm water for 1-2 minutes. This will help to stimulate blood flow.</p> 	<p>3 Clean your finger with an alcohol prep pad in your kit. Make sure your finger is dry before selecting a lancet.</p> 
<p>4 Remove the lancet cap and place the lancet on your selected finger. Press the lancet plunger down to activate it.</p> 	<p>5 When you are ready to collect your sample, 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.</p> 	<p>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 the entire circle, up to the dotted border.</p> 
<p>7 If you are unable to fill the entire circle with one drop of blood, stand up (if you are not already standing) 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.</p> 	<p>8 Repeat steps 6 to 7 to fill 5 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.</p> 	<p>9 Lay the card flat and dry for at least 3 hours, or overnight. Once dry, fold the top over the circles and tuck the cover inside.</p> <p>->Place the card inside the zip-closed pouch.</p> <p>->Place this pouch with the card in the return envelope.</p>