

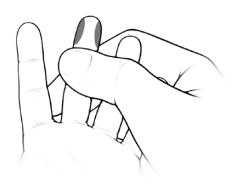
Blood Spot Collection Instructions

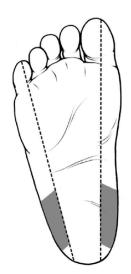
Instructions: Blood Collection For Heelstick or Fingerstick

- 1. For at least 5 minutes, place a warmer or warm cloth around the hand/heel being used for blood collection. This helps to increase blood flow, making collection easier.
- 2. Sterilize heel skin or finger with rubbing alcohol, dry, and puncture with sterile lancet not longer than 2 mm.
- 3. Wipe away the first drop of blood with gauze. Allow large drops to form and apply directly to filter paper. If bleeding is slow, hold limb in a gravity-dependent position (ie, dangle arm or leg toward the ground).
- 4. Completely fill all circles with blood to allow saturation through the paper (see below). Filled circles should appear the same on both sides of the paper.
- 5. Allow blood to dry at room temperature in a horizontal position for 3 or more hours.
 - Do not squeeze tissue to obtain blood.
 - Do not use devices that contain EDTA or capillary tubes.
 - **Do not** apply specimen to both sides of filter paper.
 - Do not expose card to heat, moisture, or direct sunlight.
 - Do not hold specimens to form batches. Send to Mayo Clinic Laboratories immediately!
 - Do not stack wet specimens.
- 6. Ship dry specimens within 24 hours of collection via overnight delivery to:

Mayo Clinic Laboratories 3050 Superior Drive NW Rochester, MN 55901

Collect sample from shaded area.





Acceptable

Circle filled and completely saturated

Unacceptable



Layering



Insufficient, multiple applications



Serum rings present