

We recommend that you read over these instructions in full before you begin your sample collection.

**Step 1:** Ensure that you have access to a **safe, clean and distraction-free space.**

**Step 2:** Fill out **only the DATE** on the blood collection card. FIVE (5) is the number of blood circles required.

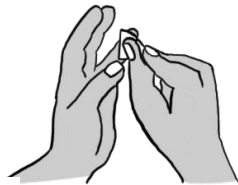
**Step 3:** Choose the **finger** you will collect from. We recommend that you choose your **third or ring** finger, as your finger may feel sore for the next day.



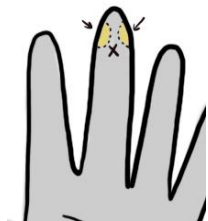
**Step 4:** Wash your hands with warm water and soap. Dry your hands. Next, place the finger you will draw blood from in a bowl of warm water for 1-2 minutes. This will help to stimulate blood flow.



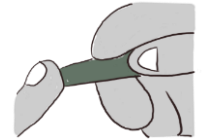
**Step 5:** Clean your finger with the alcohol prep pad in your kit. Make sure your finger is dry before using the lancet.



**Step 6:** Remove the lancet cap and place the lancet firmly on your selected finger. It is recommended that you avoid the center of your finger, and collect from the sides instead as this will help to draw more blood.



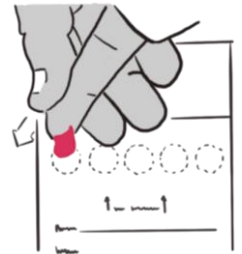
**Step 7:** Press the lancet plunger **down to activate it.** Wipe the first small drop of blood away with gauze.



**Tip:** If you are having difficulty drawing blood from your finger, **apply some gentle pressure** at the point between the tip and middle of your finger.



**Step 8:** When you are ready to collect your sample, **hold your finger against one of the circles** on the collection card. Gently touch the blood drop to the center of the circle and hold to allow the blood to soak through the card.



**Try not to:**

- Touch the circle with your finger
- Smear blood on the paper
- Overlap the blood spots

**Step 9:** Repeat this for all circles on the dried blood spot card.

**Step 10:** After you have filled the circles, **wipe your finger with the gauze** and cover with the bandage provided.

Congratulations! You have completed your dried blood spot collection.

**PLEASE ALLOW THE DRIED BLOOD SPOT CARD TO SIT OUT FOR 3-6 HOURS OR OVERNIGHT TO DRY**

**Don't forget to fill out your questionnaire!**

Please contact the study co-ordinator Hoda Hassan at (hoda.hassan@unityhealth.to) if you have any questions