

1. Before You Begin

Check the contents of your kit for the following;

- 1 DBS Blood Card (Collection Device)
- 2 Lancets (one extra if needed)
- 1 Alcohol Swab
- 1 Adhesive Bandage
- 1 Gauze Pad
- 1 Test Request & Consent Form
- 1 Return Mailing Envelope

Please call us immediately if your kits is missing any items.

You can view instructional video at <https://www.coremedicalabs.com/specimens.html>

4. Prepare for Collection

1. Lay Blood Card on flat surface with printed circles facing up.
2. Rinse hands in warm water.
3. Select fingertip, ring or middle fingertip. Puncture site should be on the right or left side.
4. Clean with alcohol pad.
5. Stimulate blood flow to the selected finger by letting your hand hang at your side for 15-20 seconds.
6. Shake your hand back and forth several times.



2. Record Your Data

Complete Test Requisition & Consent Form. Please Print Clearly. Enter your information as indicated along with the date of collection and signature.

CoreMedical
Laboratory, Inc. REQUISITION & CONSENT FORM PLEASE PRINT
2019 Revised Form
See Instructions on Back
04/2019 100

Pat. Name: _____
Last Name: _____
Address: _____
City: _____
State: _____
Phone: _____

DOB: _____ Gender: M F
Collection Date: _____ Time: _____
Testing: YES NO (No Testing Order Allowed)
Test Ordered: _____

Consent & Release
I have read and understand the information provided on this form and I agree to the terms and conditions of the test and to the use of my specimen for the purposes stated on this form. I understand that my specimen will be used for the test and that the results of the test will be provided to me. I understand that my specimen will be stored for a period of 90 days for the purpose of re-testing. I understand that my specimen will be used for the test and that the results of the test will be provided to me. I understand that my specimen will be stored for a period of 90 days for the purpose of re-testing.

Signature: _____

5. Lance Finger

Note: Do **NOT** use the center of the fingertip. Only use side of fingertip pad as the puncture site for less discomfort.

1. Using the lancet provided, remove the cap, place palm up and position lancet on finger.
2. Place finger firmly against hard surface and press down on Lancet to puncture site.
3. Wipe off the first blood drop with the gauze pad.



Keep the gauze pad until you are done.

3. Identify Your Sample

1. Retrieve Blood Collection Device.
2. Remove "Blood (bar-code) Card" label from Requisition Form and affix barcode label above line next to "Name".

Place Label Here



3. Write in your first and last name next to barcode label and record the date of collection on the line below.

6. Apply Blood Drops

1. Blood should begin to flow freely.
2. Allow large drops to form. If blood drop does not form, wipe with gauze again and gently squeeze finger from the palm to fingertip.
3. Allow one large blood drop to fall in the middle of each circle. FIVE (5) large blood drops are required to fall in the center of each circle.
4. One drop per circle. **Do NOT** place more than ONE drop per circle.
5. **If blood flow stops, repeat step #2 above as needed to generate blood flow.**



7. Proper Collection Technique



CORRECT



INCORRECT

1. After applying 5 drops, allow card to dry for 30 minutes.
2. **Proper Device Handling**

After use, the Collection Device containing your blood sample can be stored at room temperature (65^o- 72^o F) before mailing to the laboratory. Sample must be shipped within 24 hours of collection.

8. Mailing Instructions

Within 24 hours of collection

1. Verify all information is provided on the Test Requisition Form.
The Laboratory will **NOT** process your sample without the date of collection and your signature. Remove the "yellow" copy and keep for your records.
2. Make sure top flap is closed over blood samples and place in the return mailing envelope along with Test Requisition Form.
3. Seal envelope and drop in any US Mail Box.

Important Blood Collection Information

Improper collection of blood specimens may affect laboratory results. Carefully read and follow the collection instructions. Persons with hemophilia or anti-coagulation therapy should consult a licensed physician or healthcare professional before using this kit.