

**Instructions for Collecting a Dried Blood Spot Sample**



Conducted by the University of California, San Diego

If you have any questions or concerns, please contact:

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**Kit Contains**



- Alcohol Prep Pad (x2)
- Sterile Gauze Pad (x2)
- Adhesive Bandage (x2)
- Lancets (x2)
- Blood Spot Collection Card
- Foil Bag
- Absorbent Pouch
- FedEx Return Envelope

**1) Getting Started**

- Read and sign the written consent form.
- Answer the survey questions.
- Place the signed consent and completed survey in the FedEx return envelope.
- Read these instructions through one time prior to starting the collection.
- Drink a glass of water to make sure that you are hydrated before starting the collection.
- Lay out a strip of 3 paper towels on a flat surface or table top.
- Place an ink pen, collection card, lancet, alcohol wipes, gauze pads, and adhesive bandages on the paper drape.
- Write down the date on the collection card and foil bag.



- Place the collection card in front of you, face up with the circles exposed.
- Tear open the alcohol wipe and gauze pad packets, remove and place them on the paper drape.

**2) Clean Hands and Prepare Finger**

- Wash your hands with hot water to remove any dirt or other substances. Also this helps to make sure your hands are very warm before starting the collection.
- Stand in front of the flat surface or table top with the collection materials in front of you.
- Choose your non-writing hand to use for the collection.
- Shake your chosen hand downward for about 15 seconds to get the blood to collect in your fingers.
- Wipe the fleshy side of either your middle or ring finger of your chosen hand with the alcohol wipe.



**3) Remove Cap from Lancet**

- Twist the cap one full turn and pull until the cap comes off.



**4) Performing the Finger Prick**

- Place the lancet on the fleshy side (closer to the pinky rather than the thumb) of the chosen finger. By pricking the fleshy side facing the pinky, your hand will be in a more comfortable position to let the blood drops fall from your finger.
- DO NOT place the lancet in the middle of the finger pad or near the nail.
- Bring the thumb of the chosen hand up to tip of the chosen finger. Use the thumb to make the prick surface stretched tight.
- Hold lancet firmly against the tight portion of the chosen finger. Press lancet down until it "clicks".
- Milk the finger to make sure blood is flowing freely. To milk your finger, place your thumb at the bottom of the chosen finger, gently press down and slide your thumb up to the finger pad. Continue to slide your thumb up from the bottom to the finger pad.
- Using one gauze pad, wipe away the first drop of blood from the pricked finger.



**5) Collecting the Blood Sample**

- Gently milk the pricked finger and hold over one of the circles on the collection card.
- Wait for one large drop of blood to form. Let the blood drop fall to the middle of one of the circles on the collection card.
- Do NOT bring the paper up to catch the drop. Do NOT smear, blot, or place a second drop in a circle.
- Follow the steps above until all 5 circles have been filled with ONE large drop of blood per circle.



- If blood is not flowing, you can lower your hand below your waist and gently shake it to help with blood flow.
- If you are having difficulty completing the collection card, please prick a different finger with the 2nd lancet and follow the above steps.
- When finished, place a gauze pad on the pricked finger and apply pressure to stop any bleeding. If necessary, hold the hand upward. Once bleeding has slowed, place bandage on the pricked finger.

**6) Mailing the Blood Sample**

- Allow the collection card to air dry at least 2 hours at room temperature. If necessary, allow the card to dry overnight at room temperature.
- Place the collection card in the foil bag with the absorbent pouch.



- Place the foil bag inside the FedEx return envelope with the signed consent form and completed survey.



- Find a FedEx Dropoff Location near your address by visiting this FedEx website: <http://www.fedex.com/Dropoff/start>
- Mail the FedEx return envelope within 2 days of completing the collection card.

**Thank you!**

**Supplementary Figure S1** Dried blood spot collection instructions mailed to participants.