Filter Paper Collection Instructions

1. Thoroughly wash patient's hand or foot with mild soap and warm water. Label collection card with double identifier, using care to avoid contaminating the collection circles (by touching them).
2. Warm the skin-puncture site with a warm moist towel for three minutes at a temperature no higher than 42EC to increase blood flow.
3. Disinfect site from which blood is to be collected with alcohol prep pad.
4. Wipe off excess alcohol with sterile dry gauze and allow skin to air dry.
5. Puncture finger/heel with supplied lancet, following guidelines recommended by the manufacturer of the lancet. Use of heel is preferable for children up to one year of age.
6. Wipe away first drop of blood with sterile gauze.
7. Allow large drops of blood to form and apply directly to filter paper, saturating circle. Avoid allowing finger/heel to touch the filter paper.
8. Blood flow from the puncture site is enhanced by holding the puncture site downward. Do not squeeze as this will introduce tissue fluid which dilutes blood serum.
9. Spot three circles with a single drop of blood each. Do not layer successive drops.
   Note: The circles are provided as a guide for the approximate size and location of the blood spots. The sample is acceptable if the blood spot is larger than a typical paper hole punch.
10. Allow the blood spots to dry at room temperature in a horizontal position for two or more hours.
11. **Do not stack wet specimens.**
12. **Do not expose specimens to heat or direct sunlight.**
13. After specimens are completely dry, fold the flap over the blood spot prior to mailing.
14. Mail specimens in envelopes provided within 24 hours of specimen collection.