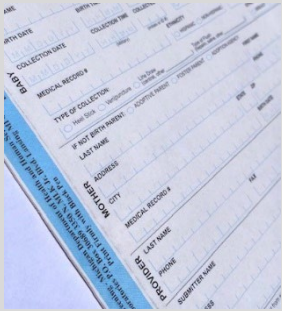


# Newborn Screening (NBS) Bloodspot Collection Process

## Preparation



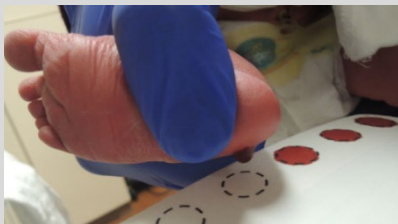
- Heel-stick is the preferred method of specimen collection. Prior to collection, complete ALL information on the NBS card and verify identity of the infant.
- Pain strategies include: swaddling and providing oral sucrose, non-nutritive suckling or breastfeeding during procedure.
- Apply a warm compress to the heel for 3-5 minutes to promote blood flow. Commercial warming devices or a warm, moist towel or diaper can be used. Gentle massage of leg prior to procedure can also be helpful.
- Position infant's leg lower than the heart. Gravity helps to increase venous pressure.

## Heel Stick



- Clean site area with alcohol prep and allow area to completely dry. Residual alcohol can interfere with test results and cause pain to infant.
- Use sterile retractable 2.00 mm point lancet to make incision on lateral portion of infant's heel. The hatched area in photo shows the safe puncture area.
- Wipe away the first large drop of blood to eliminate tissue fluids from interfering with sample quality.
- Apply intermittent GENTLE pressure to heel, if needed, to form a large blood drop. Do not squeeze or milk the heel, as this can cause serum separation.

## Specimen Collection



- Gently touch a LARGE single drop of blood to the filter paper. Do not touch the heel to the filter paper. Apply blood to only one side of the filter paper (it does not matter which side is used).
- Allow blood to soak through and completely fill circle with a single application of the LARGE blood drop. Check back of filter paper to confirm saturation.
- Fill remaining circles. Remember, do not apply multiple drops to the same circle.
- Apply appropriate dressing according to your institution's procedures.
- Dry specimen for 3-4 hours in a horizontal position at room temperature. Ensure area is free of contaminants. Once dry, cover blood spots with the protective card flap and prepare for shipment to the lab.