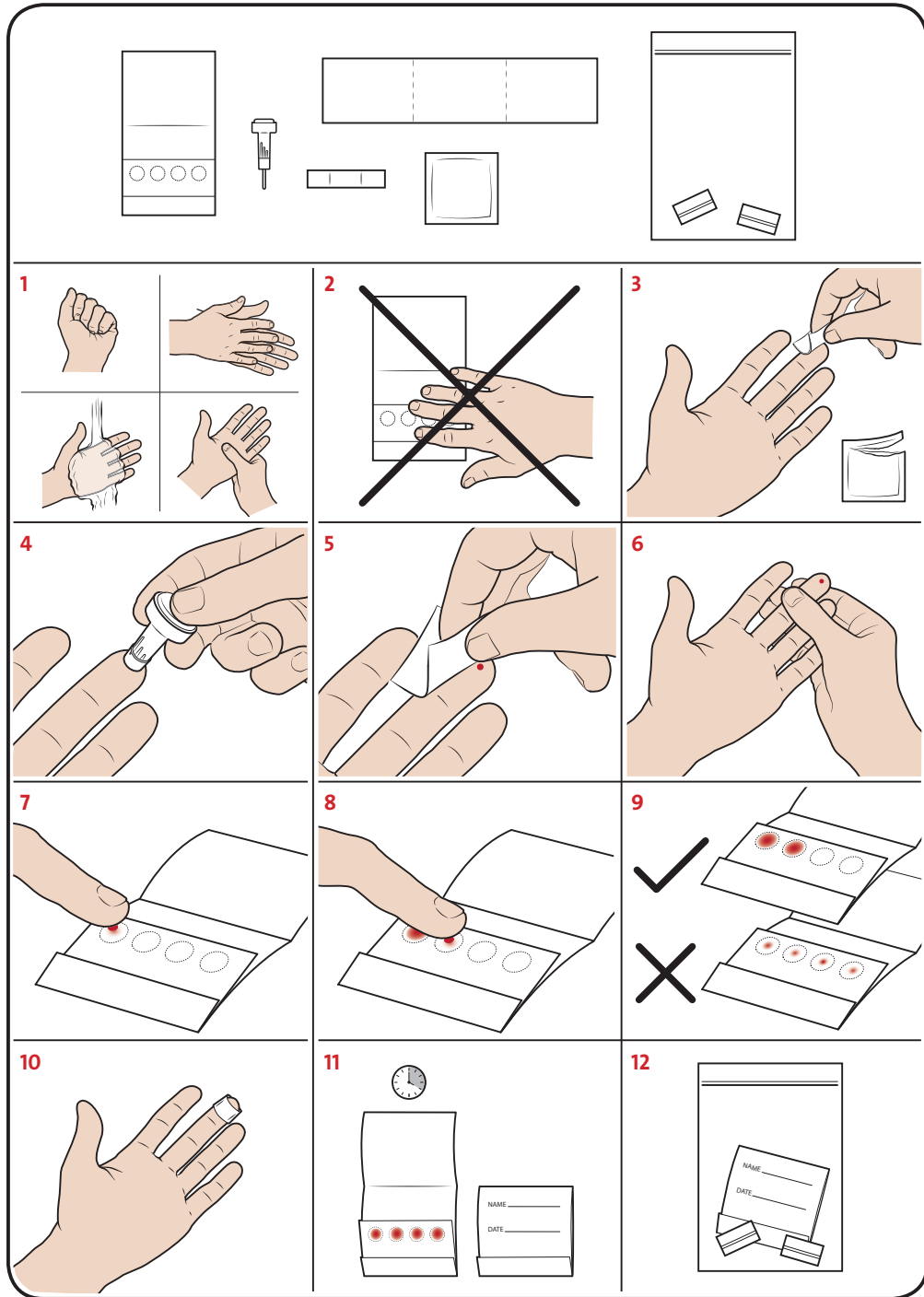


# DRIED BLOOD SPOTS COLLECTION





### 1. Warm hands

Warm your hands by clenching them, shaking them, rubbing them together, soaking them in warm water, or by massaging them.

### 2. Do not touch filter paper

Do not touch the circles on the filter paper.

### 3. Clean finger

Clean the tip of the middle finger of your non-writing hand with the alcohol wipe. For most people, this will be the left hand. Let the fingertip dry for at least 10 seconds before you continue.

### 4. Prick finger

Put your non-writing arm on an even surface. Use your other hand to prick the centre of the fingertip with the needle by pressing it firmly against your fingertip and pushing the button.

### 5. Wipe off blood

Wipe off the first blood drop with the gauze.

### 6. Milk finger

Milk the finger from palm to tip. Keep the pressure until a large drop appears on your finger.

### 7. Fill first circle

Put the filter paper right below the finger and let the drop fall of its own weight into the first circle. Do not let the finger touch the paper. However, you may carefully bring the paper to the blood drop, if necessary.

### 8. Fill second circle

Milk the finger from palm to tip until another blood drop appears. Let this drop fall into the second circle. Each circle should be filled with one drop of blood only. Make sure that spots do not overlap between circles.

### 9. Fill remaining circles

Continue and fill the four circles as quickly as possible. If blood stops flowing, prick another fingertip. Use your ring or index finger and a new needle for this. In case you cannot fill all four circles, it is better to have one or two large circles rather than three or four small ones.

### 10. Put on plaster

Put a plaster on each used fingertip.

### 11. Dry filter paper

Put the filter paper on a plastic, glass or metallic surface and let it air dry for four hours at room temperature. Make sure there is no direct sunlight.

### 12. Wrap filter paper

Put the dry filter paper in the plastic bag together with the desiccant bag.