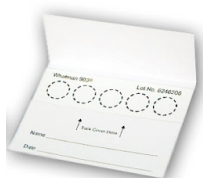


HOW TO COLLECT A DRIED BLOOD SPOT SAMPLE

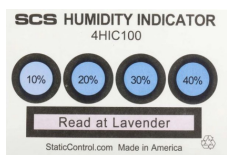
HOW-TO GUIDE

1

Assemble all of the items you will need



Protein saver
card



Humidity
indicator card



Skin cleansing
alcohol swabs



Sterile
cotton balls



Foil
biohazard bag



Absorbent
packets*



Safety
lancet



Adhesive
bandages



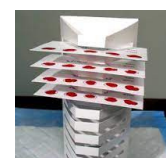
Lab bench
protector



Examination
gloves



Safety
glasses



DBS card
drying rack



Clinical
waste bin



A tray to hold all of
the supplies

*2 grams per foil biohazard bag

2

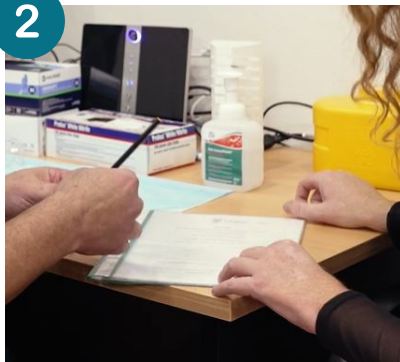
Gain informed consent and prepare the area

1



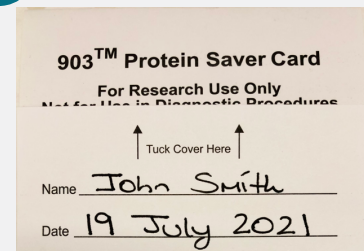
Wipe bench with bleach and ethanol, then place down fresh lab bench protector

2



Discuss the test with the client and make sure they understand what it means - gain their informed consent

3



Fill in the patients details on the DBS card

4



Clean your hands with alcohol rub

5



Put on sterile gloves and safety glasses

3

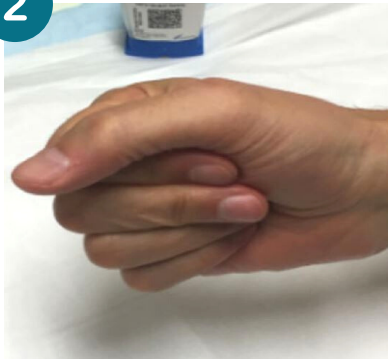
Prepare the patient

1



Warm hands by rubbing them together

2



Increase circulation by fist clenching

3



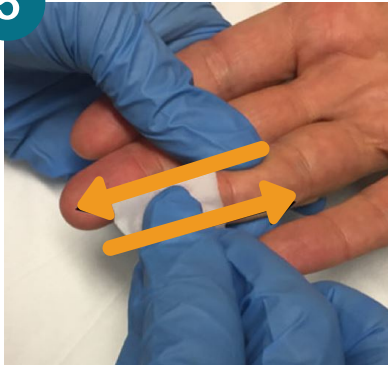
Massage to further help blood flow

4



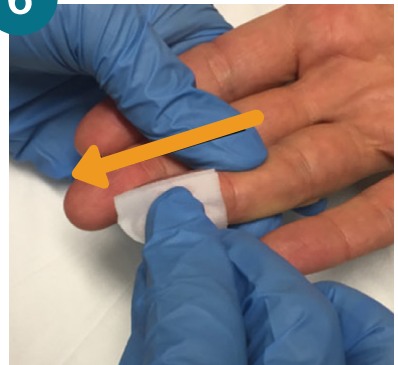
Use the middle or ring finger of the non-dominant hand

5



Use one swab to clean the finger well, moving in both directions

6

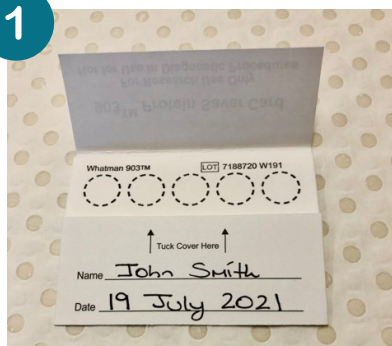


Use another swab to disinfect in a single stroke

4

Perform the collection

1



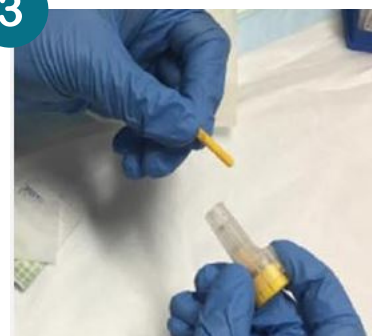
Open the pre-labelled protein saver card. Do not touch the spots to avoid contamination

2



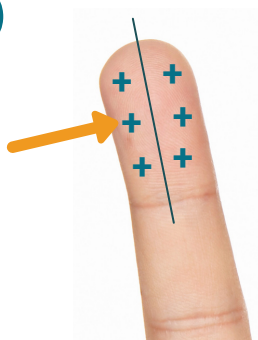
Position the hand flat on the surface

3



Show the patient that the lancet is unused, then break the seal

4



The best site for taking the sample is either side of the midline of the finger

5



Hold the lancet firmly against finger and press the button

6



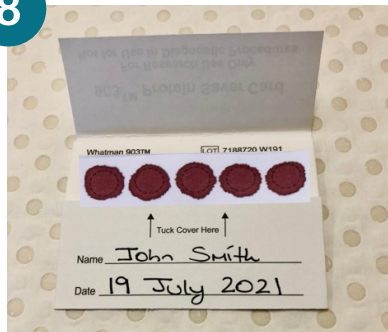
Wipe away the first drop of blood with a sterile cotton ball

7



Apply gentle pressure and allow a drop of blood to form and fall onto the card

8



Fill circles entirely to the dotted line before moving onto the next spot. Do not dab the finger on the card

9



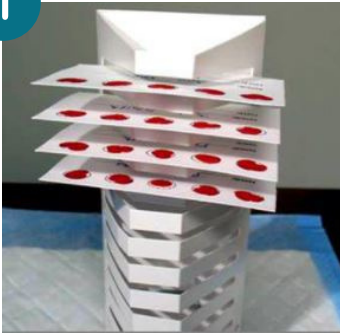
Stop blood flow by applying pressure with a cotton ball and place adhesive bandage on site

Discard lancet, alcohol swabs and cotton ball in the clinical waste bin

5

Dry, pack and send the sample

1

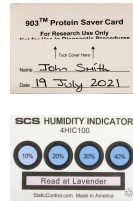


Dry card in a DBS drying rack for a minimum of 4 hours in a cool, dry area away from sunlight

2



Close flap on protein saver card and put into biohazard bag. Then add humidity card and 2 x absorbent packets



3



Apply pressure to ensure air is expelled from the bag prior to sealing

Sealed foil bags can be stored away from sunlight and moisture in a cool, dry environment for up to 14 days before sending to the laboratory.

References

1. World Health Organization. Blood Collection and Handling - Dry Blood Spots (DBS). www.who.int/diagnostics_laboratory/documents/guidance/module14_blood_collection_&_handling_dbs.pdf?ua=1