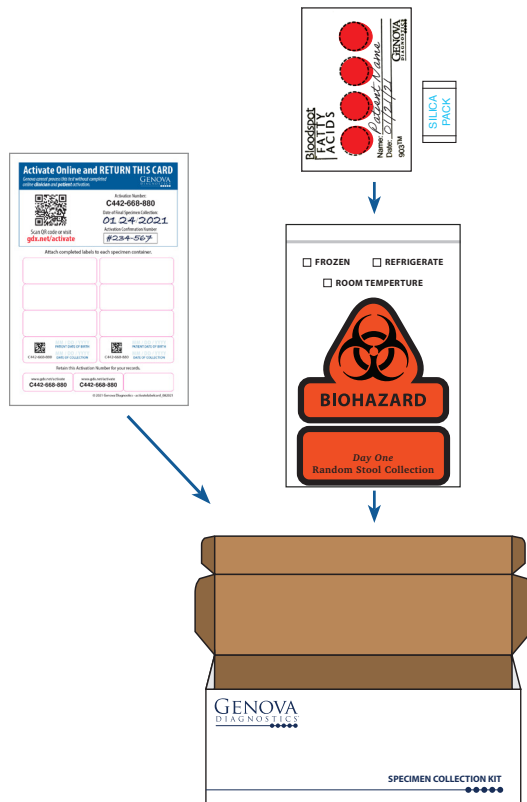



STEP 3

Return Collection Pack

1. Place the biohazard bag with **bloodspot card** and absorbent silica pack inside the cardboard box. Ensure that bloodspot has a **completed label attached to the card**.
2. Visit gdx.net/activate to enter the date of your final collection and receive your **confirmation code**. Write the date of collection and your confirmation code on the **activation label card**.
3. **Close** the **cardboard box** and **place** inside the **FedEx shipping bag**. Follow the shipping instructions provided.



Patient Guide

 **Essential & Metabolic Fatty Acids Bloodspot**
#3540

BEFORE YOU BEGIN

Activate This Test

Visit gdx.net/activate and enter the number found on the Activation Label Card included with this collection pack.

STEP 1

Plan Your Collection

Use a calendar to plan your specimen collection. Ship Monday thru Friday and avoid US holidays which may cause delays.

4 Days before Collection

Consult your healthcare provider about stopping medications and supplements.

Night Before Collection

Fast overnight. Water is okay.

Additional resources are available online.
Visit gdx.net/activate and enter your requisition number.

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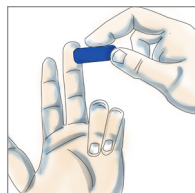
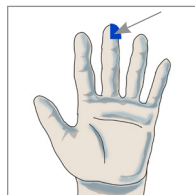
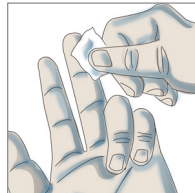
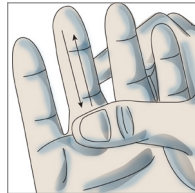
STEP 2

Specimen Collection

1. **Review** instructions from your healthcare provider at gdx.net/activate.
2. Write your **date of birth** (DOB) and the **date of collection** on the labels provided. Attach a completed label to the **blood spot card**.

Collect Blood Spots

1. **Wash** hands with warm water for at least 20 seconds. Dry hands.
2. To improve circulation:
 - Hold your hand lower than heart level and gently massage the entire length of the middle finger for 30 seconds.
 - Firmly grasp the top knuckle of the middle finger for a few seconds.
 - Hang arm down and gently shake your fingers.
3. **Clean** the tip of your finger with the alcohol pad.
4. **Remove** clear cover from the lancet. One end has a small hole in the center; **press** that end firmly against the appropriate location on your middle fingertip (see image) to engage the lancet.



5. Using your thumb, **gently massage** the entire length of the pricked finger to form blood drops. **Touch** the tip of each drop to a circle on the collection card. **Do not smear**. It is important you **do not touch your fingertip to the card**. Continue until blood has soaked to the border of the circle.

YES



NO



6. **Continue** this procedure until all four circles are filled. **If you are unable** to get enough blood from the first collection, repeat this procedure with a different finger.
7. Allow the collection card to **air dry 24-hours** then return to the biohazard bag with absorbent silica pack. If the card is not completely dry, your sample may be unusable.