

fatty¹⁵

#3545

At-a-glance

- Fast overnight

Considerations

- Consult your healthcare provider about stopping medications or supplements.

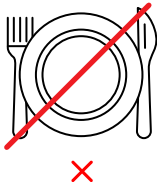
GENOVA
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EUROPE

Instructions For Patient or Guardian

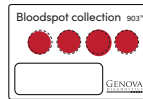
Write patient's **first and last name, date of birth, gender and date of collection** on the Test Requisition Form.

Preparation & Timing

Plan to collect early in the week and ship promptly.



8 hours leading up to collection
do not eat or drink anything other than water.

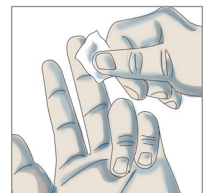
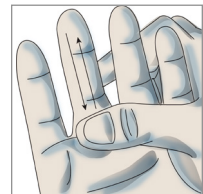


🕒 24 hours
air dry

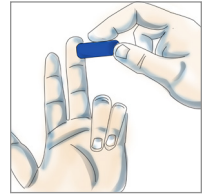
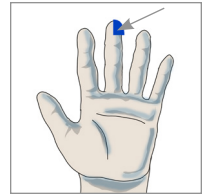
Wait 1 day after collection
before packing and shipping.

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.



- Remove yellow 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). Press the clear/white top section to engage the lancet.



- 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 or touch your fingertip to the card. Continue until blood has soaked to the border of the circle.
- 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.
- Allow the collection card to air dry for 24 hours then place in the biohazard bag with the absorbent silica pack.

Package and Return Your Collection

1. Fill in your name, date of birth and collection date in the required sections on the collection card attachment.
2. Seal the dried bloodspot card and absorbent silica pack inside the biohazard bag.
3. Complete all sections using the requisition included. complete payment section if required.
4. Put the biohazard bag and requisition inside the collection box.
5. Close the cardboard box. Follow the shipping instructions provided.
6. Ship Monday through Thursdays. Avoid UK Holidays.

