

Instruction collecting blood spots at home (Engelse versie)

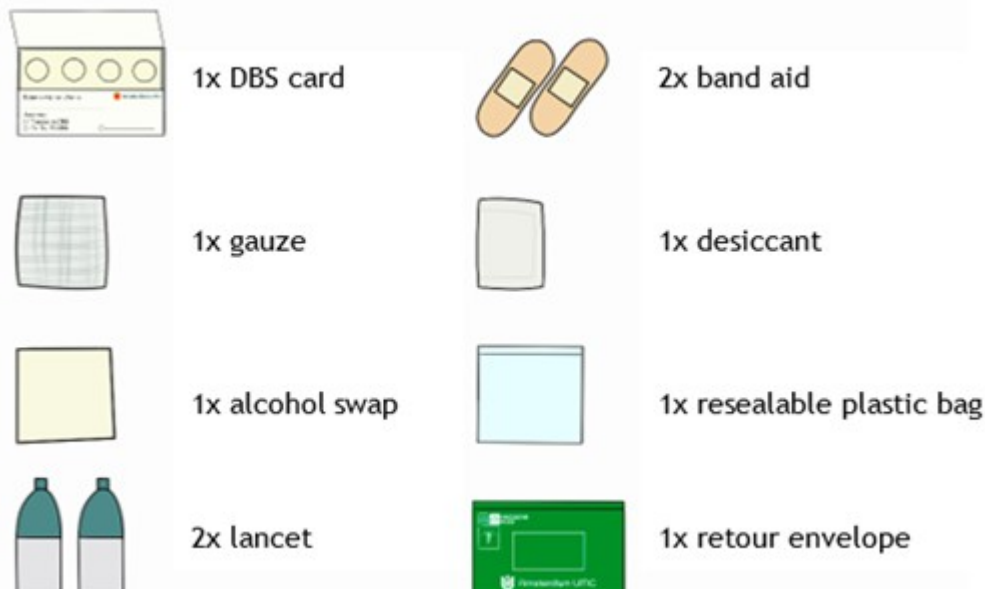
If you have any questions, please contact your healthcare provider.

Self-sampling dried blood spots

Please read the instructions carefully and check whether all products are included. Choose the finger you want to prick. Usually this is your index- or middle finger of the non-dominant hand, often the left. Remove any jewelry. A second lancet is included if you could not fill the spots the first time. It is better to choose another finger to prick. Repeat steps 4 and 5 and make sure to collect at least two large, round droplets of blood onto the filter paper, each droplet in its own circle. Leave the card to dry and when dried, continue with the instructions.

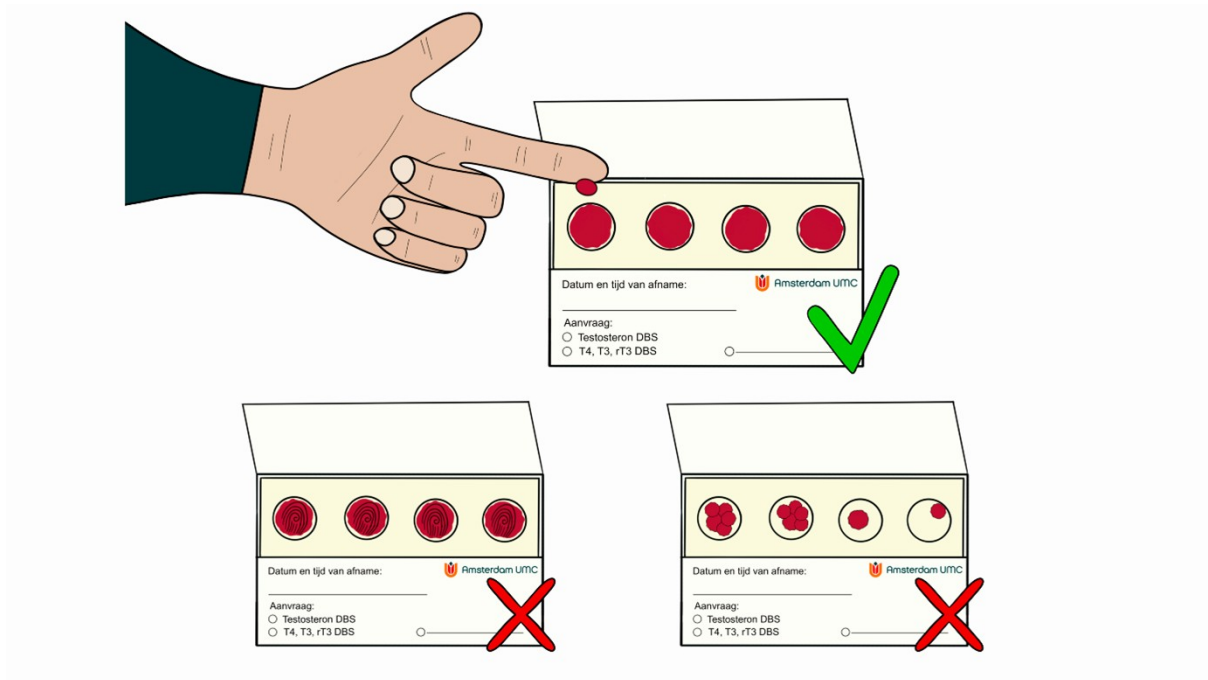
Overview of supplies

The following should be in the package:

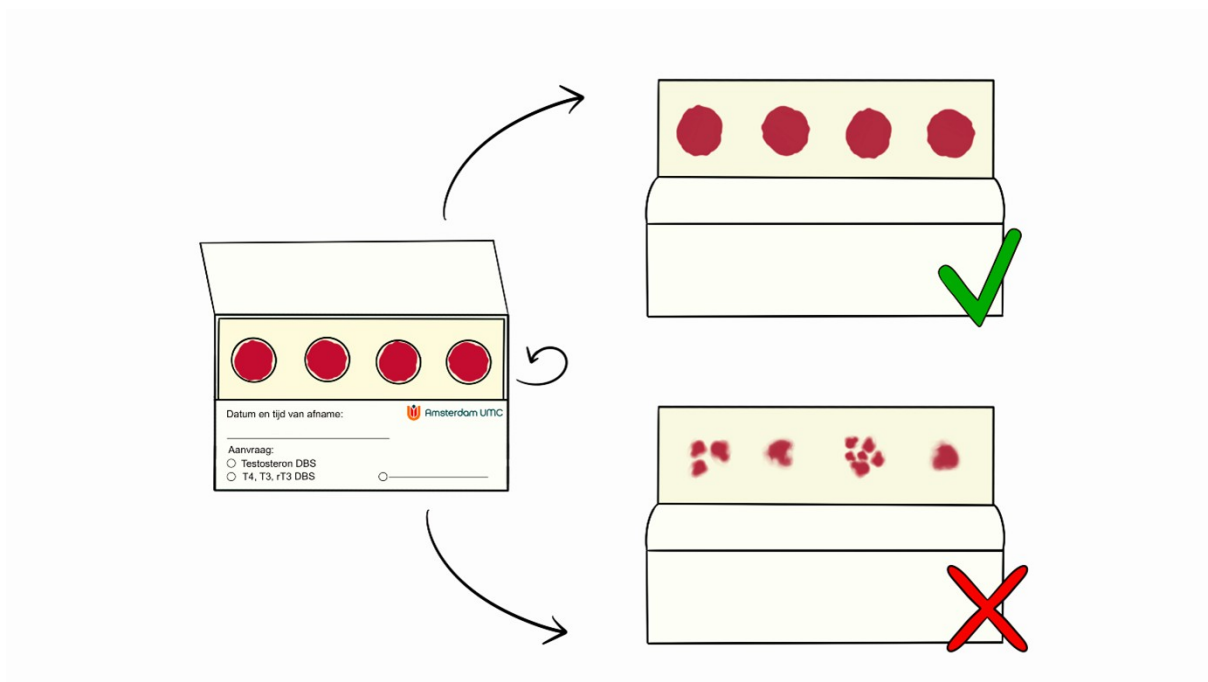


Check the quality of the dried blood spots

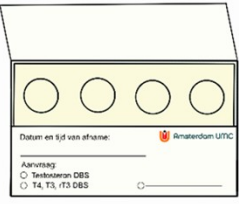
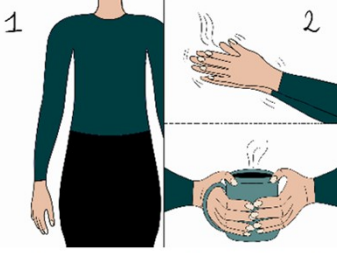
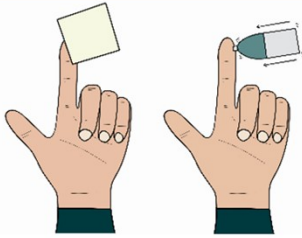
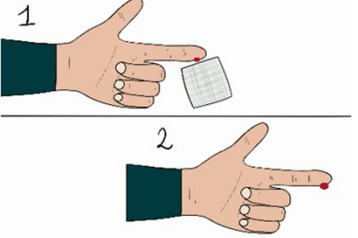
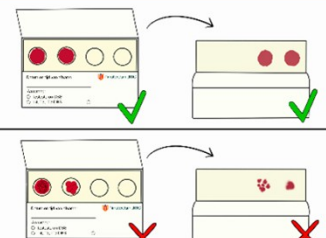
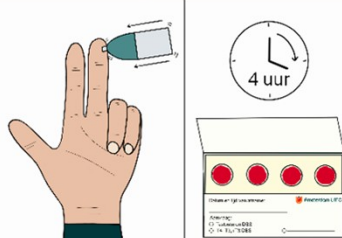
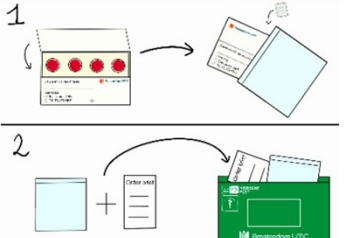
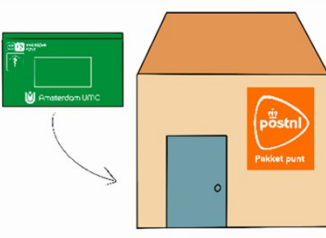
Always check that the circles are sufficiently filled with blood. You should NOT press on the paper with your finger. You may not have small droplets of blood. At least two circles should be sufficiently filled with one large droplet of blood. If the drop is too small, move to the next circle. You may only make one drop per circle.



Check the backside of the filter paper. The droplet of blood has to be large enough so that the circle of blood on the back is the same size as at the front.



Self-sampling dried blood spots, total overview

		
1. Wash your hands thoroughly with warm water and soap. Dry your hands with a clean towel.	2. Open the blood spot card and place it in front of you on the table. Write down the date and time of collection on the card. Be careful not to touch the filter paper that has the circles on it.	3. Relax your arm by letting it hang down your body for 1 minute and rub your hands vigorously (10-20 seconds). You could also hold a glass of hot water (or coffee/tea) to warm your hands on. This is to stimulate your blood flow.
		
4. Cleanse your fingertip with the alcohol swab. Remove the safety cap from the lancet by turning the cap and place the lancet against the side of your fingertip. Apply pressure onto your finger until you hear a click. The lancet will shoot out automatically.	5. Wipe off the first drop of blood with the gauze. Wait until you have a large droplet of blood, this can take a while. Optionally, massage your finger from palm to the last phalanx, to stimulate blood flow. Drip the droplet of blood within the first circle. DO NOT touch the paper.	6. Repeat until at least 2 circles are fully filled with a big droplet. You can only drip one droplet of blood onto a circle, the droplets may not overlap. Check the back of the filter paper if the blood fully drenched the paper. Put a Band-Aid over the puncture site.
		
7. If you could not make two large droplets yet due to low blood flow, you can perform the finger prick on a different finger. Let the blood spot card dry for 4 hours in a cool, dry place. Do not put in full sunlight, on the radiator or in the window.	8. Put the blood spot card in the supplied safety bag with the desiccant and close the bag. Put the safety bag with the blood spot card and desiccant in the return envelope, make sure the order file is enclosed and close the envelope well. The retour information is already filled out.	9. Please send the envelope with your blood spot card to the lab the same day. The envelope can be delivered to a PostNL point nearby.

Illustrations: Rosalie C. Martens