

Dried Blood Spot (DBS) Sample Collection Instructions

For all carrier screening panels and the Hereditary Cancer Panel

Step 1: Specimen Collection

1. Complete NxGen MDx Genetic Test Requisition Form (TRF) or EMR order.
2. **Write patient name, collection date, and date of birth on the blood spot card.**
3. Put on powder-free gloves. Massage patient's hand and lower part of the finger to increase blood flow. Turn patient's hand upward.
4. Scrub the patient's middle finger or ring finger with an alcohol swab. Dry with gauze or allow it to evaporate.
5. Hold the finger in an upward position and lance the side of the finger with the included lancet. Press firmly on the finger when making the puncture. Doing so will help you to obtain the amount of blood you need. Two lancets will be provided in case you need more blood.
6. Apply slight pressure to start blood flow. Blot the first drop of blood on a gauze pad and discard pad in appropriate biohazard container.
7. Apply the blood to the approved type filter paper.
8. Fill 3-5 of the circles completely (~40ul blood in each "spot").
9. Place collection cards in a horizontal position and allow the blood spots to dry at room temperature for a minimum of 3-4 hours. Avoid touching the blood spot. Drying time may be longer if the humidity is high. Avoid exposing spots to high temperatures.
10. Dry blood spots should be completely dry before packing.
11. Pack dry blood spots in foil bags. Leave desiccant packs in foil for shipping.



Step 2: Preparing Specimen Shipments

1. Place the pack containing the patient's sample in the foil pack.
2. Include the TRF, complete with patient information, with the foil pack. Seal the bag.
3. Mailing with USPS: Place the sealed pack in the prepaid envelope. Send through any USPS approved location.



BD Microtainer® Contact-Activated Lancet



Alcohol Pads



Blood Spot Card



Foil Pack

IMPORTANT

- Labeling is required by the Department of Transportation for all human samples.
- The inclusion of absorbent material in the shipping bag is required by the Department of Transportation for all specimens.