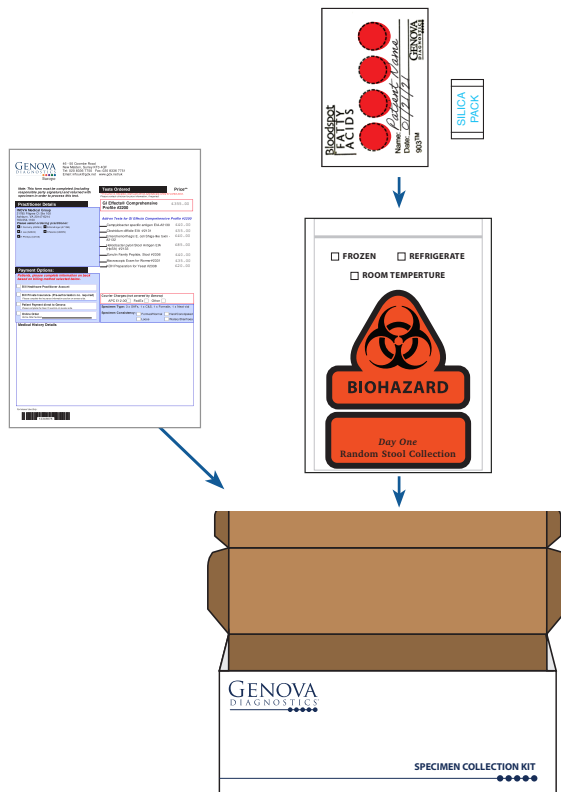



### STEP 3

## Return Collection Pack

1. Place the biohazard bag with **bloodspot card** and absorbent pack inside the cardboard box.
2. **Complete** all sections using the requisition included.
3. **Close** the **cardboard box**. Follow the shipping instructions provided.



# Patient Guide

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

## Before You Begin

Write patient's **first and last name, date of birth, gender and date of collection** on the Test Requisition Form, as well as where indicated on the absorbent collection card with the four circles, using a permanent marker.

### STEP 1

## Plan Your Collection

Ship Monday thru Friday and avoid UK 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.

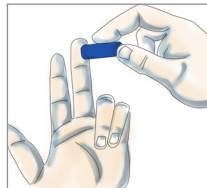
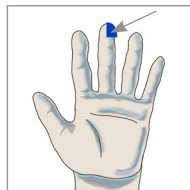
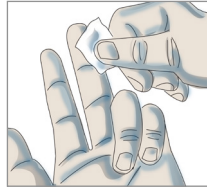
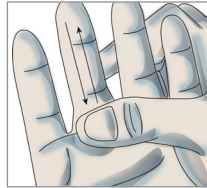
## STEP 2

# Specimen Collection

1. Write your **full name, date of birth (DOB) and date of collection** in the marked section on the bloodspot 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** yellow cover from the lancet. One end has a small hole in the center; **Hold that end firmly against the appropriate location on your middle fingertip** (see picture) and press the clear plastic section downwards 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.



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 pack. If the card is not completely dry, your sample may be unusable.