

ENSURE THE FOLLOWING:

Blood spot card

- First and last name and date of collection are written on the bloodspot card
- Placed in resealable plastic bag with desiccant/moisture absorbent pack
- Completely dried (apprx 24 hours)

All required information:

- All sections of **test requisition form** completed
- Payment information provided**
- All tubes, the card, and associated forms** placed back in the original Genova sample collection pack box prior to shipping

SHIP THE SAMPLE(S) TO THE LAB

Ship only Monday through Thursday, and within 24 hours after final collection.

Please refer to the shipping instruction insert found in your Genova sample collection pack box.



Call +44 (0)20 8336 7750 or visit our website at www.gdx.net/uk

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Metabolomix+ BAG ONE COLLECTION



PATIENT SAMPLE COLLECTION INSTRUCTIONS FOR THE FOLLOWING PROFILE

Metabolomix+ *

Add -on Bloodspot Essential & Metabolic Fatty Acids

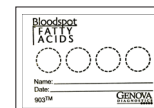
Bloodspot

#3202

BAG ONE COLLECTION MATERIALS FOR SAMPLE



Lancets (2)



Bloodspot card

REQUIRED MATERIALS

- Alcohol prep pad (2)
- Adhesive bandage
- Absorbent pad
- Resealable plastic bag with desiccant/moisture absorbent pack
- Genova sample collection pack box
- Billable Stamp

IMPORTANT PREP BEFORE PATIENT TAKES TEST

Night before the test

- Patients must fast overnight prior to collecting the bloodspot

PLEASE READ THE BEFORE YOU BEGIN SHEET INCLUDED BEFORE PROCEEDING TO COLLECTION

K-GDX-103

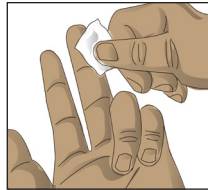
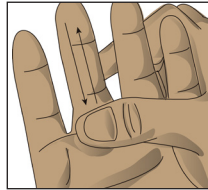
BLOOD SPOT COLLECTION

1 Write **first and last name** and **date of collection** on the blood spot card

2 Wash hands with warm water for a minimum of 20 seconds. **Dry** hands.

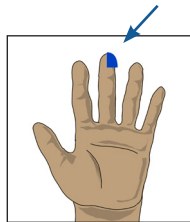
To improve circulation;

- **Hold** your hand lower than heart level and **gently massage** the entire length the middle finger for 30 seconds.
- Firmly **grasp** the top knuckle of the middle finger for a few seconds to restrict return circulation.
- **Hang** arm down and **gently shake** your fingers a few seconds to increase blood pools in the finger.



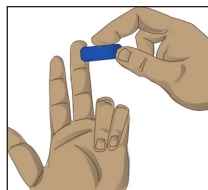
3 Clean the tip of your finger with the alcohol pad.

4 Remove the clear cover from the lancet. One end of the lancet has a small hole in the center; this will be the end that you press firmly against your finger to engage the lancet.

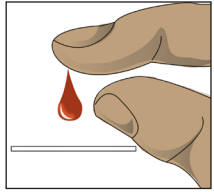


5 Locate the appropriate site on the middle fingertip (see image).

6 Place the hole-end of the lancet firmly against your fingertip to depress the tip and release the lancet. The lancet will immediately retract safely after depression.



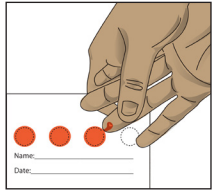
7 Using your thumb, **gently massage** entire length of the pricked finger to form repeated blood drops. As each drop forms, touch the tip of the drop to a circle on the collection card. **Do not smear. Do NOT touch fingertip to card!!**



8 Repeat until blood has soaked to the border of the circle on the collection card. Continue this procedure for all four circles.

If you are unable to get enough blood from the first collection, repeat this procedure with a different finger.

If necessary, use the absorbent pad to dry the site on your finger after your collection. Use the enclosed adhesive bandage as needed.



9 Allow absorbent collection card to air dry overnight, **approximately 24 hours, before placing in the resealable plastic bag** with desiccant/moisture absorbent pack for shipping. **If the card is not completely dry, your sample may be unusable.**

AVOID:	CONFIRM:
Layering blood on a previously dried spot	Blood should saturate through both sides of the card
Smearing blood onto the card	Requisition is properly completed and signed
Touching the surface of the card with fingers	Dried card is in zip lock bag with desiccant
ACCEPTABLE COLLECTION CARD EXAMPLE	UNACCEPTABLE COLLECTION CARD EXAMPLE: