

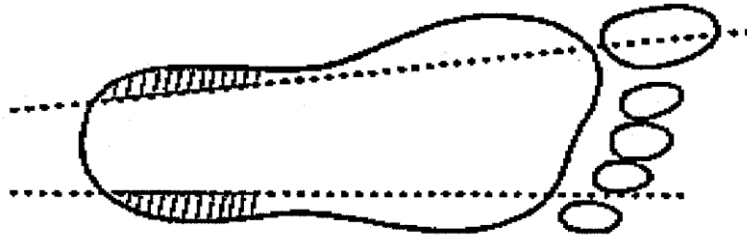
How To: Newborn Blood Spot Specimen Collection

Prior to collecting the blood spot specimen, be sure that you have the following materials:

- Sterile lancet with tip less than 2.4 mm long
- Sterile 70% alcohol pads
- Sterile gauze
- Warm, moist towel or compress
- Fully completed filter paper specimen collection form (demographics fully and accurately completed)
- Sterile gloves

Procedure for Collection of Blood Spot Specimen:

1. Make sure that all demographic fields on the newborn blood spot screening kit are fully and accurately completed. Be sure to check that the specimen collection form is not expired.
2. The puncture should be made within the shaded area as seen in the diagram below.



3. Warm the puncture site on the infant's heel for approximately 3-5 minutes with a warm, moist towel or cloth.
4. Cleanse the infant's heel with 70% isopropyl alcohol.
5. Allow the heel to air dry.
6. Using a sterile lancet, perform puncture.
7. Gently wipe away the first drop of blood with sterile gauze. (The initial drop contains tissue fluids which may dilute the specimen)
8. Allow a second large drop of blood to form.
9. Lightly touch the filter paper to the second drop of blood and continue to fill each printed circle with a single application of blood. If blood flow is diminished repeat steps 3-9 with sterile equipment.
10. Allow blood specimen to air dry thoroughly on a level, non-absorbent, open surface, such as a plastic-coated test tube rack, for 3-4 hours at ambient temperature. (DO NOT stack or heat)
11. Place dried filter paper in mailing envelope provided for this purpose.