



For your result please go to  
DBSLabPortal.com



Affix bar code label here

Please retain this card and affix the bar code label from  
the Test Request & Consent Form  
below before mailing your specimen to the Lab.

### Participant Card

# WELCOME TO



# CoreMedica

Convenient Collection • Powerful Information

## Convenient Self-Collection Kit

Please read all instructions before handling collection device.



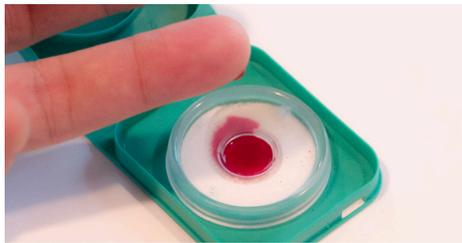
## Before You Begin, Review Your Data.

Do **NOT** open foil pouch until you're ready to begin collecting your blood sample. The collection device **MUST** be used within 30 minutes after opening foil pouch.

## Check the contents of your kit:

- |                                  |  |
|----------------------------------|--|
| 1 Foil Pouch (Collection Device) | 1 Gauze Pad  |
| 2 Lancets (One extra if needed)  | 1 Test Requisition & Consent Form                    |
| 1 Alcohol Swab                   | 1 Participant Card (On back of the instruction card) |
| 1 Adhesive Bandage               | 1 Return Mail Envelope                               |

**IMPORTANT:** Some tests require fasting. Please check the Test Requisition Form before you begin. You can watch the collection instruction video: <https://www.coremedicallabs.com/sample-collection/>



## 1 Prepare for Collection

1. Retrieve Blood Collection Device from foil pouch.
2. Remove barcode label from Test Requisition & Consent Form and affix label to the top portion so it is visible after closing the device.
3. Place device with collection side up, on a flat and level surface.
4. **Do NOT** remove clear cover.

## 2 Lance Finger

1. Rinse hands in warm water.
  2. With palm facing up, select ring finger for your collection. Puncture site should be on the right side of the fingertip for ease of collection. Middle finger may be used, but ring finger is preferred.
  3. Clean with alcohol pad.
  4. Stimulate blood flow to the selected finger by letting your hand hang at your side and shaking back and forth for 15-20 seconds.
- Note:** Do NOT use the center of the fingertip. Only use side of fingertip pad as the puncture site for less discomfort.
5. Using lancet provided, twist off cap. Place hand, palm side up on table or hard surface.
  6. Position lancet on right side of ring finger as shown. Press lancet into fingertip to puncture site.
  7. Wipe off the first blood drop with the gauze pad. Keep the gauze pad until you are done.
  8. Discard used safety lancet in regular trash.

## 3 Apply 4 Blood Drops

1. Blood should begin to flow freely.
2. Allow large drops to form. If blood drop does not form, wipe with gauze pad again and gently massage finger from the palm to fingertip.
3. **FOUR (4)** large blood drops are required to fall in the center of the clear cover applicator.
4. Apply drops continuously. **Do NOT STOP** and wait between drops.
5. If blood flow stops, repeat step #2 as needed to generate blood flow.
6. After applying 4 drops, wait 3 minutes for blood drops to soak into the white membrane.

## 4 Close the Blood Collection Device

1. After 4 blood drops are absorbed, close the device firmly by folding over the top. Make sure the latches are secure. Lay on flat surface.
  2. Proper Device Handling. After use, the Collection Device containing your blood sample can be stored at room temperature (65°-72°) before mailing to the laboratory.
- Sample must be shipped within 24 hours of collection**

## 5 Mailing Instructions (Mail Sample within 24 hours of collection)

1. Verify all information is correct on the Test Requisition Form, sign and date where indicated. The Laboratory will **NOT** process your sample without the date of collection and your signature.
2. Verify blood collection device is closed securely and a barcode label is affixed on top of the collection device.
3. Remove one barcode label from Test Requisition Form and affix on the Participant Card located on the back of this instruction and retain for your reference. Check your status and get your results at: [www.DBSLabPortal.com](http://www.DBSLabPortal.com)
4. Seal envelope and drop in any US Mail Box.



All Dried Blood samples received by CoreMedica Laboratories are examined for acceptability. Your sample will be rejected if it is not a satisfactory sample for analysis and a re-collection may be necessary.



## WARNING: IMPORTANT COLLECTION INFORMATION

Improper collection of blood specimens may affect laboratory results. Carefully read and follow the collection instructions. Persons with hemophilia or anti-coagulation therapy should consult a licensed physician or healthcare professional before using this kit.

## Need Help? Have Questions?

Please call **816.425.1690**  
[info@coremedicallabs.com](mailto:info@coremedicallabs.com)