1. Equipment: sterile lancet with tip approximately 2.0 mm, sterile alcohol prep, sterile gauze pads, soft cloth, blood collection form, gloves.

2. Complete ALL information. Do not contaminate filter paper circles by allowing the circles to come in contact with spillage or by touching before or after blood collection. Keep “SUBMITTER COPY” if applicable.

3. Hatched area indicates safe areas for puncture site.

4. Warm site with soft cloth, moistened with warm water up to 41°C, for three to five minutes.

5. Cleanse site with alcohol prep. Wipe DRY with sterile gauze pad.
6. Puncture heel. Wipe away first blood drop with sterile gauze pad. Allow another LARGE blood drop to form.

7. Gently touch filter paper to LARGE blood drop. Allow blood to soak through and completely fill circle with SINGLE application to LARGE blood drop. (To enhance blood flow, VERY GENTLE intermittent pressure may be applied to area surrounding puncture site. Apply blood to one side of filter paper only.

8. Fill remaining circles in the same manner as step 7, with successive blood drops. If blood flow is diminished, repeat steps 5 through 7. Care of skin puncture site should be consistent with your institution's procedures.

9. Dry blood spots on a dry, clean, flat non-absorbent surface for a minimum of four hours.

10. Mail completed form to testing laboratory within 24 hours of collection.

Information provided by The New York State Department of Health.