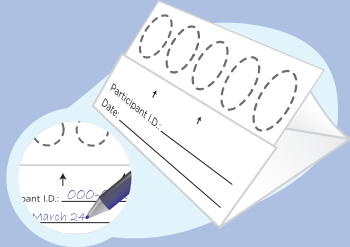


INSTRUCTIONS

PREPARATION

- 1 Write your participant I.D and the date of collection on the dried blood spot (DBS) card and label on the small brown envelope.

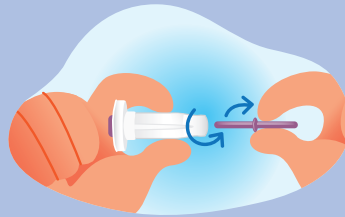


- 2 Wash your hands with warm water and soap for 20 seconds or use hand sanitizer. If you have cold hands, soak them in warm water to help the blood flow.

COLLECTION

- 3 Open the DBS card and place it on a clean dry surface.
- 4 Wipe the 3rd or 4th finger of your non-dominant hand* with the alcohol wipe and allow to dry.

- 5 Twist the cap of the lancet to remove it.



- 6 Position the lancet over your cleansed finger tip. Press firmly to your finger, and push the button to activate it.



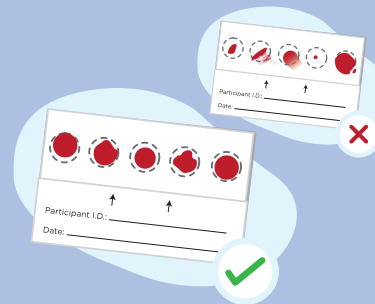
- 7 Wipe away the first drop of blood with a tissue.

- 8 Hold your finger over the DBS card in a vertical position, using your other hand as support.

- 9 Hold your finger over the card and massage down your palm to the tip of your finger. This will stimulate blood flow. Allow a large drop of blood to form (enough to almost fall off finger – be patient).

- 10 Touch the blood drop only (not your finger itself) to the card.

- 11 Place one large drop of blood in each circle. If one drop of blood is not enough to fill a circle, aim the next drop of blood beside the first drop until the circle is filled.



DRYING AND PACKAGING

- 12 Place the DBS card on a flat dry surface away from direct sunlight.
- 13 Wait for the blood spots to completely dry (3 hours). Spots will turn brown.
- 14 Put the card in the brown envelope, and package in the small Ziploc bag provided with the silica gel package and humidity indicator card. Put the bag in the provided pre-addressed envelope.
- 15 Drop your completed envelope off at either 1) the designated area at your LTC, or 2) the nearest mailbox.

If you have questions about collecting the blood sample **please contact the Wellness Hub study team at wellnesshub@unityhealth.to or 416-864-6060 ext. 77491.**

*If you have circulation problems in your non-dominant hand, please collect the sample from your other hand.