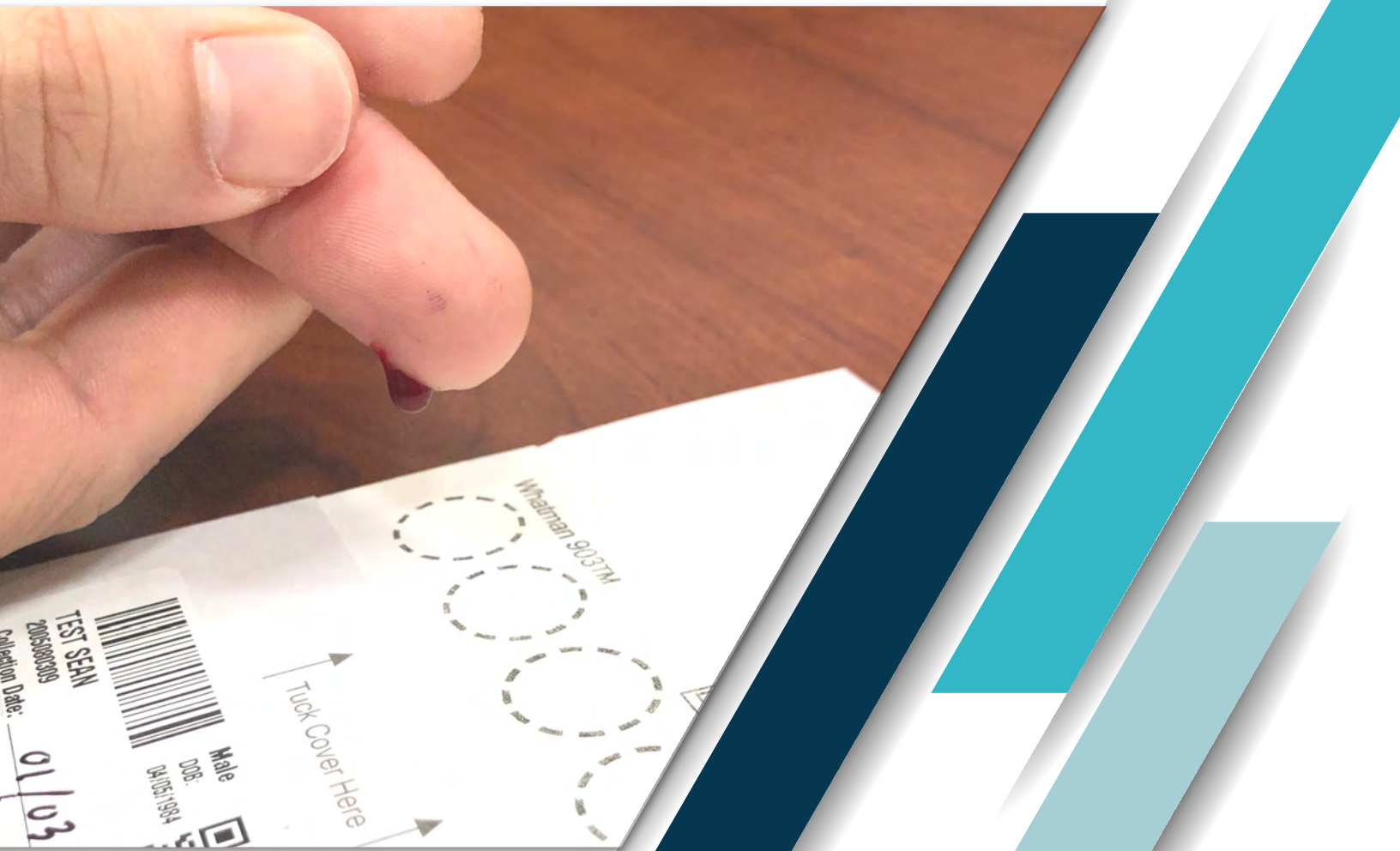


D.B.S.

Dried Blood Spot Collection Instruction Booklet



Vibrant America

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support@vibrant-america.com | www.vibrant-america.com

A. SET-UP

If you have questions, please call (866-364-0963), or email (support@vibrant-america.com) us!

STEP 1

Before you begin, make sure you will have at least 15 minutes of uninterrupted time. First, find a clean, open space to work on. Open the DBS collection kit and lay out all of your materials on the placemat (the last page) provided. Please wear appropriate PPE (personal protective equipment) while collecting the specimen from the patient.

The materials in your kit:

Vibrant America
COVID-19 TEST KIT



Blood specimen collection card



2 Safety lancets



2 Alcohol pads



1 Humidity indicator



2 Silica gels



1 Bandage



1 Gauze pad



1 biohazard bag



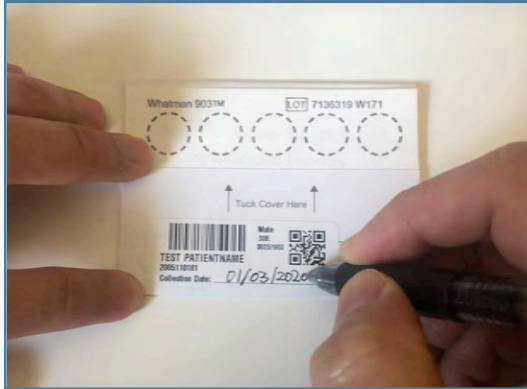
1 Return bubble mailer

*Please note that your packet includes 1 additional safety lancet that you can use if necessary.

A. SET-UP

STEP 2

Write the name and DOB on the card. Write the date and time on the blood specimen collection card.




STEP 3

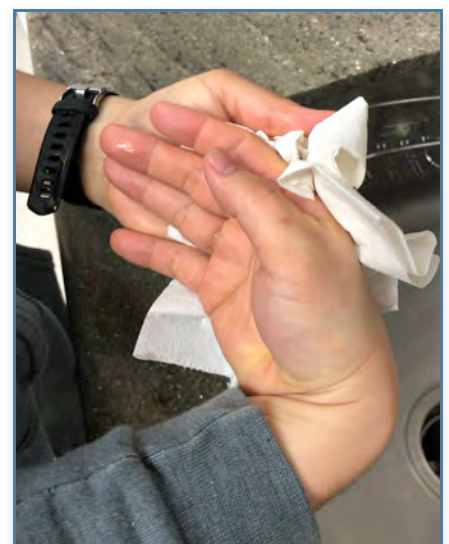
Open the alcohol wipe.



STEP 4

Wash your hands and **dry** them with a clean towel.


- Make sure the water is warm, not hot. 



This is very important as it will stimulate blood flow to the hands!

B. PREPARATION

STEP 5

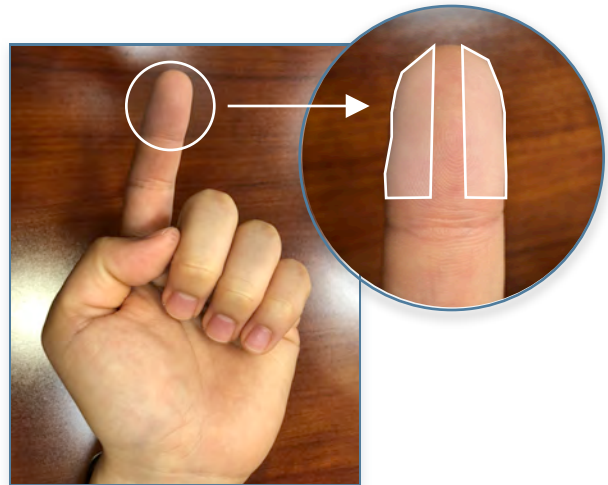
Choose a finger to poke on your non-dominant hand. 

- If you are left-handed, choose your right hand.
- If you are right-handed, choose your left hand.



STEP 6

Choose an area on the side of your finger to poke.




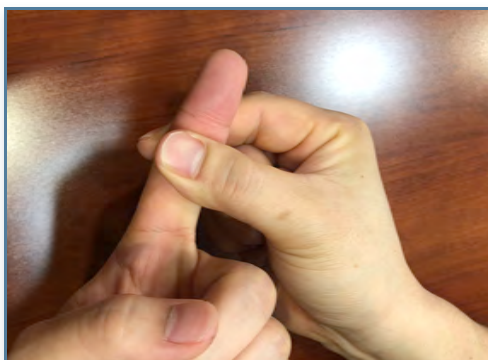
STEP 7

Pick up your lancet and twist the cap off.



STEP 8

Rub your finger from base to tip. 



STEP 9

Put the lancet down and wipe the tip of your finger with the alcohol wipe.



Make sure to only wipe the finger in one single swoop!

C. POKE YOUR FINGER

STEP 10

With your palm facing up, press the lancet to your finger until you hear a click and feel a slight pinch.



STEP 11

Wipe the first drop of blood away with a gauze pad.



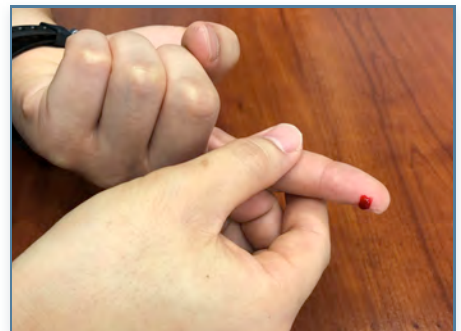
D. COLLECT YOUR SPECIMEN

STEP 12

Milk your finger from base to tip to produce more blood.


STEP 13

Allow a blood drop to form. If you are not getting enough blood, try standing up and milking your finger below your waist.

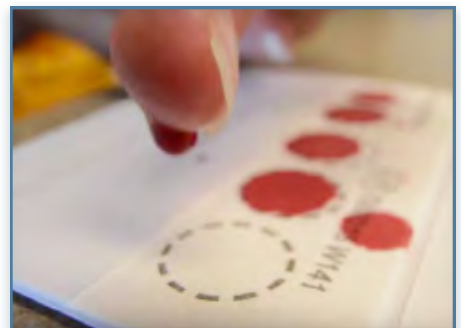


STEP 14

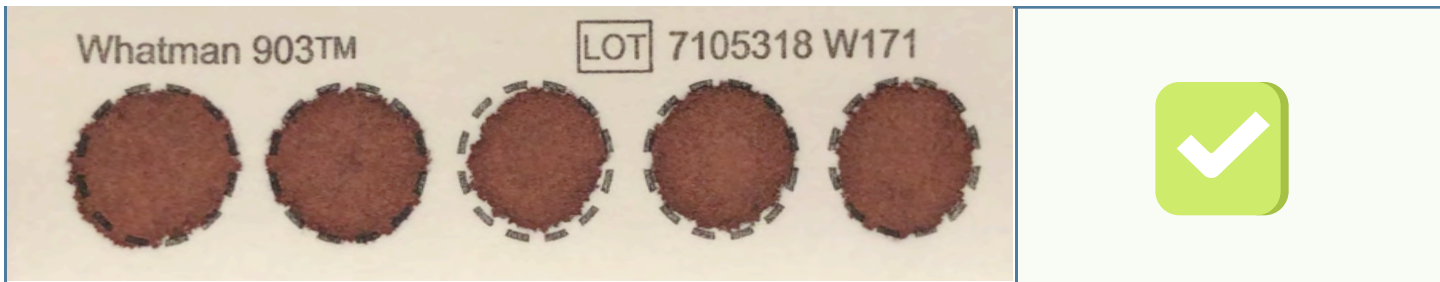
Let the blood drop fall from your fingertip into the collection circle.

- **DO NOT touch** your finger to the card. 

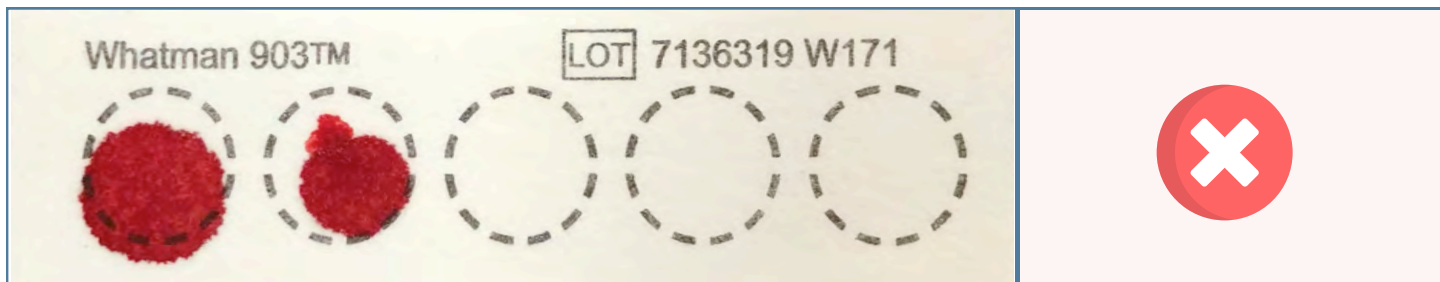
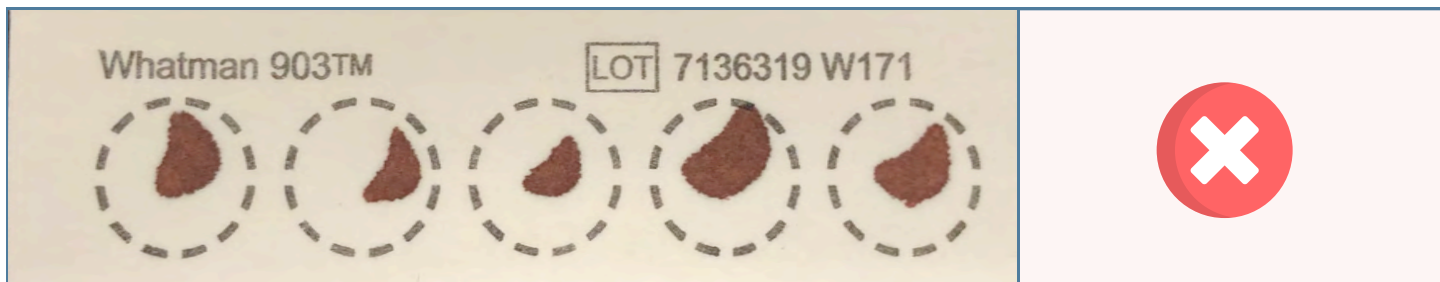
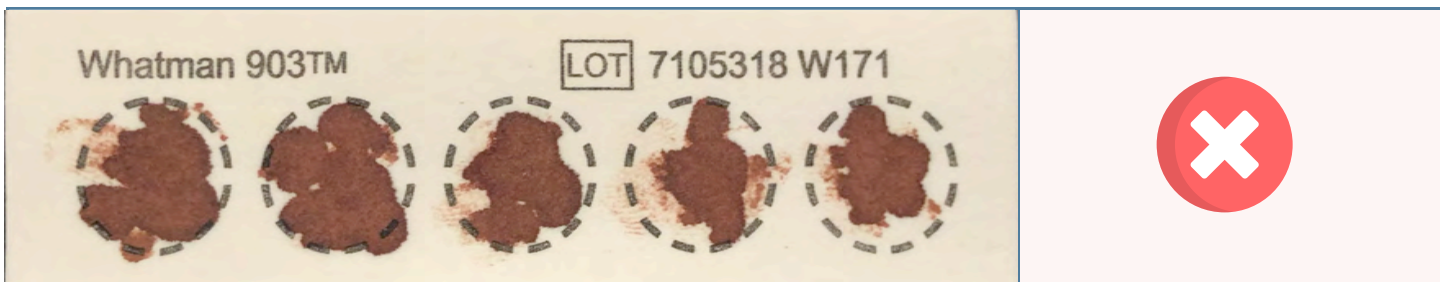
Fill the circle as full as possible, but do not add a second drop of blood to a circle. If necessary, use a second lancet!



EXAMPLES OF **GOOD** DBS SAMPLES



EXAMPLES OF **BAD** DBS SAMPLES



D. COLLECT YOUR SPECIMEN

STEP 15

After filling in all of the collection card circles, use your gauze pad to wipe the blood, apply pressure and apply a bandage.

STEP 16

Please discard the bio waste, including used lancet, alcohol pads, and gauze sponge, in an appropriate Biohazard waste container.

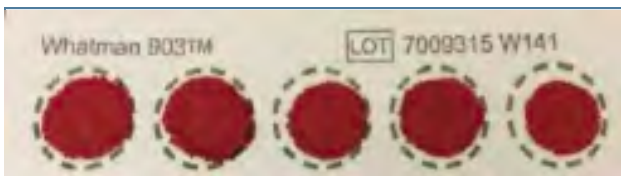


STEP 17

Let your collection card sit for at least 2 hours to dry before sending it back to us.



- Keep the collection card in a cool, dry place away from sunlight.
- Do not add additional blood drops after blood spots have dried.
- Blood spots will darken as they dry.



Collection recently completed



Collection card after drying 2 hours

E. MAIL YOUR SPECIMEN

STEP 18

After the blood spots have dried for at least 2 hours, fold the collection card, place it in the biohazard bag along with the humidity indicator and silica gel packs, and seal it tight.

STEP 19

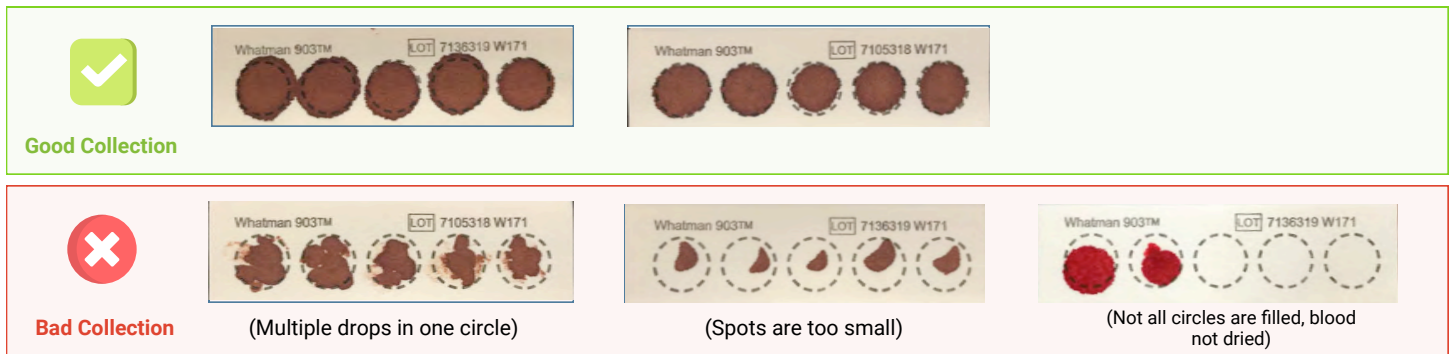
Place the biohazard bag into the bubble mailer. Wash hands to prevent contamination. Please schedule Fedex Pick up for the specimen to be picked up from your office.



F. FREQUENTLY ASKED QUESTIONS

1. How do I know if my blood spots are big enough?

You'll know if you have enough blood if the blood spot fills most of the collection circle. Try your best to fill all five circles.



2. My blood drops fell outside of the collection circles. Is this okay?

Yes, it is fine if the blood drops don't fit neatly into the circles, but try to get them as close as possible.

3. I am nervous to poke my finger. What should I do?

Most people have said that the anticipation is worse than the poke itself. It should only feel like a slight "pinch."

4. I poked my finger but am not getting enough blood out. What should I do?

First, try standing up and milking your finger below your waist. You can also try shaking your hand below your waist. If that doesn't help, you can run your fingers under warm water while milking them to stimulate blood flow.

If blood still isn't flowing, it has probably clotted. Wipe your finger with the alcohol wipe and apply a bandage. Try again later. It may help to take a break and drink a glass of water and move around. This will help stimulate blood flow to your fingers. Then, try again. This time poke another finger or a different spot on the same finger, and then try the process again.

G. 9 DO'S AND DON'TS OF DBS COLLECTION

Do's

- DO:** Wash your hands in warm water for at least 1 minute before the finger-prick. This is very important as it will stimulate blood flow to the hands!
- DO:** Poke on your non-dominant hand.
- DO:** Rub your finger from base to tip.
- DO:** If you're having a difficult time getting blood to flow, try standing up with your hand below your waist.
- DO:** Fill the circle as full as possible, but do not add a second drop of blood to a circle.
- DO:** Let your collection card sit for at least 2 hours to dry before sending it back to us.

Don'ts

- Do not:** squeeze your fingertip as this will stop the blood flow.
- Do not:** touch your finger to the card.
- Do not:** apply more than 1 spot of blood per spot.

Placemat

A. SET-UP

Follow steps 1-4 in your instruction booklet. Check the contents of your kit. It should contain these items:



B. PREPARATION

Follow steps 5-9 in your instruction booklet to prepare your collection. Place the matching items on their pictures below:



C. POKE YOUR FINGER

Follow steps 10-11 in the instruction booklet to poke your finger.

D. COLLECT YOUR SPECIMEN

Follow steps 12-17 in the instruction booklet to collect your blood specimen.

Allow your blood spots to dry for at least 2 hours. Do not close the flap on the card while drying.

E. MAIL YOUR SPECIMEN

Follow steps 18 -19 in the instruction booklet to package and mail your specimen back to us for lab testing.

Our address is printed on the return envelope and no additional postage is required for mailing.

If you have any questions, please call Vibrant America Physician Service at 866-364-0963, or email support@vibrant-america.com.