

fatty¹⁵

#3545

At-a-glance

- Fast overnight
- Enter collection details online

Considerations

- Consult your healthcare provider about stopping medications or supplements.

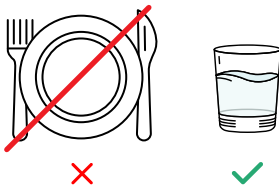
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DIAGNOSTICS



Preparation & Timing

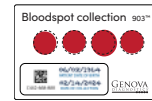
Plan to collect early in the week and ship promptly.




12 hours leading up to collection do not eat or drink anything other than water.



Before you collect attach a completed label to the bloodspot card.

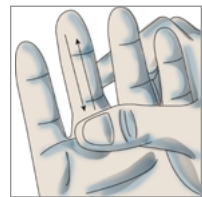


 **24 hours**
air dry

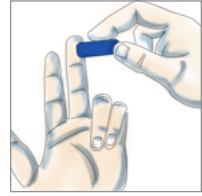
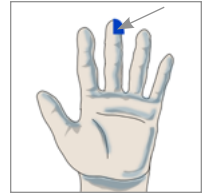
Wait 1 day after collection before packing and shipping.

Collect Blood Spots

1. Wash hands with warm water for at least 20 seconds. Dry hands.
2. To improve circulation:
 - Hold your hand lower than heart level and gently massage the entire length of the middle finger for 30 seconds.
 - Firmly grasp the top knuckle of the middle finger for a few seconds.
 - Hang arm down and gently shake your fingers.
3. Clean the tip of your finger with the alcohol pad.



- Remove clear cover from the lancet. One end has a small hole in the center; press that end firmly against the appropriate location on your middle fingertip (see image) to engage the lancet.



- Using your thumb, gently massage the entire length of the pricked finger to form blood drops. Touch the tip of each drop to a circle on the collection card. Do not smear or touch your fingertip to the card. Continue until blood has soaked to the border of the circle.
- Continue this procedure until all four circles are filled. If you are unable to get enough blood from the first collection, repeat this procedure with a different finger.
- Allow the collection card to air dry for 24 hours then place in the biohazard bag with the absorbent silica pack.

Activate Your Test Online

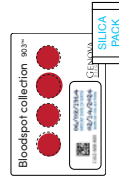


Visit www.gdx.net/activate to provide important information about your collection and receive your **confirmation number**.

Package and Return Your Collection

1. Confirm the bloodspot card has a completed label attached.
2. Seal the dried bloodspot card and absorbent silica pack inside the biohazard bag.
3. Put the biohazard bag inside the collection box along with the label sheet with extra labels.
4. Seal the box inside the FedEx shipping bag, attach the shipping label, and drop off at an authorized FedEx location.

[Learn more about return shipping at www.gdx.net/shipping.](http://www.gdx.net/shipping)



bloodspot collection

