

# Steps for Collecting Finger Stick Blood in a Microtainer® Tube for Preparing Dried Blood Spots



1 Place all collection materials on top of a disposable pad. Open the lancet, alcohol swabs, gauze, bandage, and other items and place them on the pad.



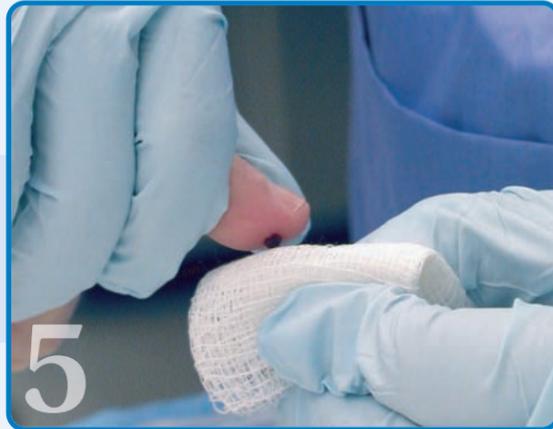
2 Put on powder-free gloves. Massage patient's hand and lower part of the finger to increase blood flow. Turn patient's hand upward.



3 Scrub the patient's middle finger or ring finger with an alcohol swab. Dry with gauze.



4 Hold the finger in an upward position and lance the palm-side surface of the finger with the proper-size lancet (adult/child). Press firmly on the finger when making the puncture. Doing so will help you to obtain the amount of blood you need.



5 Apply slight pressure to start blood flow. Blot the first drop of blood on a gauze pad and discard pad in appropriate biohazard container.



6 Keep the finger in a downward position and gently massage it to maintain blood flow. Hold the Microtainer® at an angle of 30 degrees below the collection site and use the scoop on the Microtainer® to fill it to the 250-500 µL level.



7 After capping the container, invert it immediately by gently turning the container 10 times to prevent clots from forming. Apply a sterile adhesive bandage over patient's puncture site.



8 If blood has been refrigerated, allow it to warm to room temperature. Invert the tube gently to resuspend the red cells. Using a pipette, remove 100 µL of blood or the specified volume and apply the blood to the approved type filter paper.



9 Place collection cards in a horizontal position and allow the blood spots to dry at room temperature for a minimum of 3-4 hours. Avoid touching the blood spot. Drying time may be longer if the humidity is high. Avoid exposing spots to high temperatures.



10 Dry blood spots should be completely dry before packing. Stack dry blood spots with weighing paper.



11 Pack dry blood spots in low gas-permeable bags. Add desiccant packs and humidity-indicator card. Shipping requirements may vary according to type of analyte.



For more information visit  
[www.cdc.gov](http://www.cdc.gov)

