

How to Easily Obtain Blood for the Allergy Molecular Proteomic Test

Collection of drops of blood is easy and
simple to do at home with a fingerstick




Step 1

Complete Fingertick Card

Please Print using a ball-point pen on the outside of the Fingertick Card the following:

- Name
- Date of Birth
- Date of Collection



Allergy
Molecular Proteomic Test

Blood-Spot Card

↑ Tuck Cover Here ↑

Patient Name: _____

Date of Birth: _____

Date of Collection: _____

Step 2

Prepare

- Wash Hands with soap and warm/hot water (as recommended by WHO)
or
- Rub Hands together for 20 seconds (increase blood flow)



Step 3

Wipe Finger

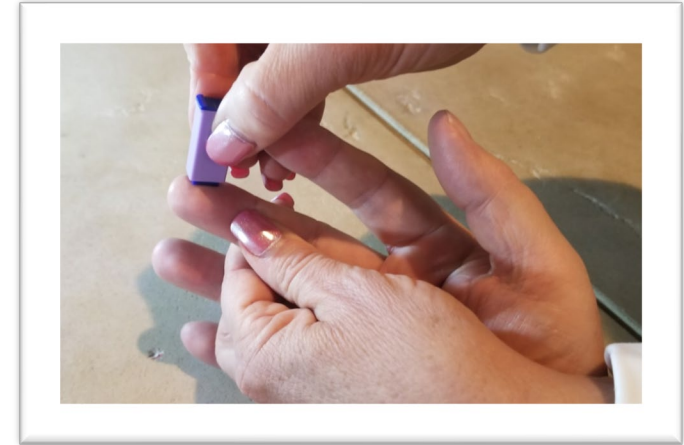
- Typically select the 3rd Finger
- Rub Inside of finger with Sterile Alcohol Prep Pad for 15 seconds (not fingertip - less nerve endings, draws more blood)
- The side of the finger will be the target for the fingerstick



Step 4

Prick Finger

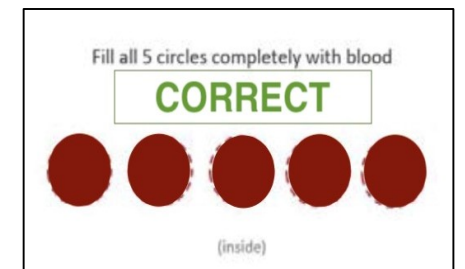
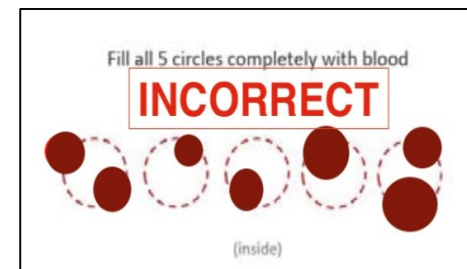
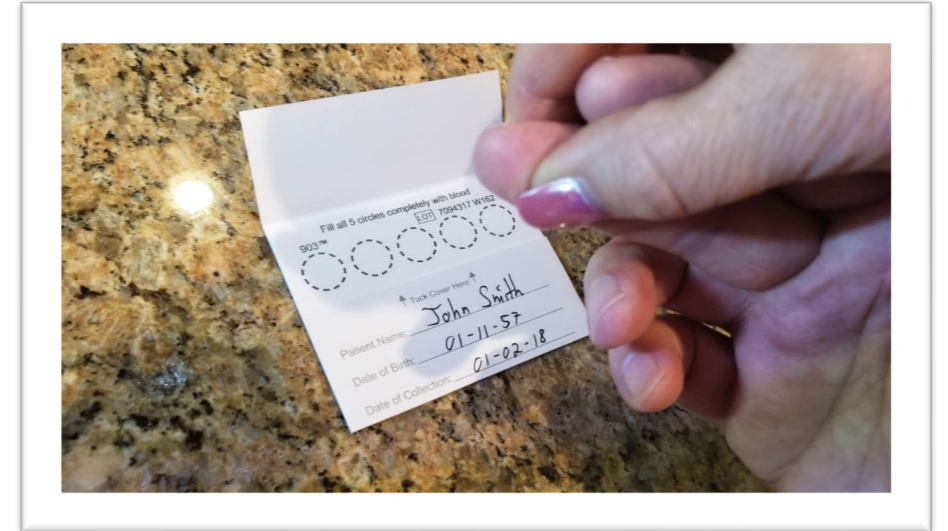
- Prick Inside of Finger in area prepared by Sterile Alcohol Pad (remove clear plastic cover, putting that end of the lancet against inside of finger)
- Push Firmly Top of Lancet (with steady pressure until you hear a click)
- Squeeze Finger (hold finger up to obtain a drop)



Step 5

Drop Blood on Card

- Hold Finger over Blood Card
- Drop (not dab) Blood on Circles
- Fill all Five Circles Completely in Sequence



Step 6

Apply Gauze

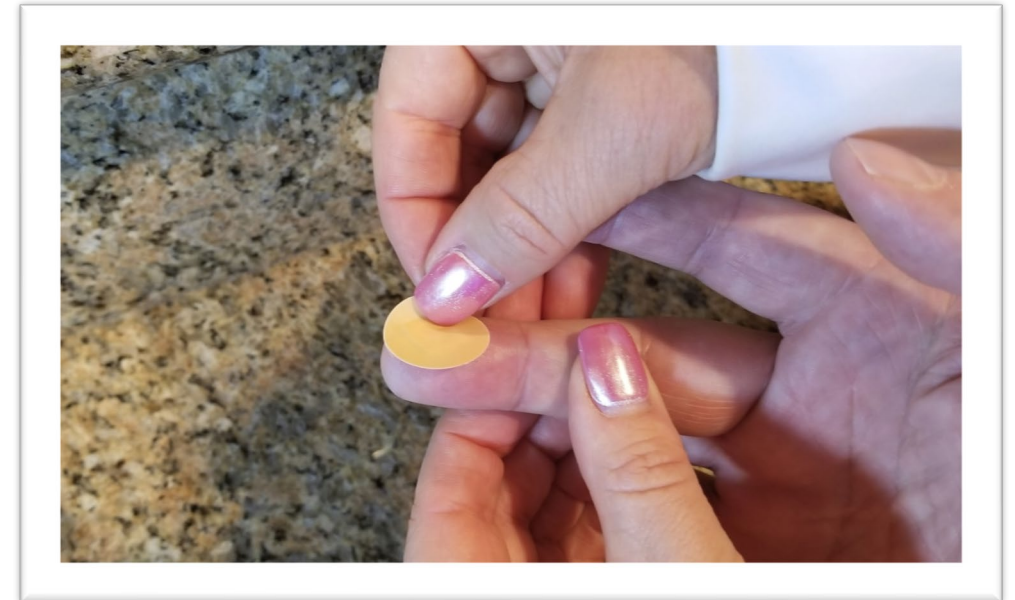
- Apply Gauze and Pressure on Finger for 5 minutes to stop any Bleeding



Step 7

Apply Band-Aid

- Apply Band-Aid on Finger at site of fingerstick
- Please dispose of Lancet & Gauze in nearby trash container (Lancet is safe to discard after use)



Step 8

Prepare Specimen Bag

- Allow Blood Card to Dry (15 minutes), then Close Flap of Fingertick Card (OK to tape closed)
- Place Fingertick Card inside Specimen Bag & Seal Plastic Flap



Step 9

Ship to Lab

- Place Specimen Bag in Shipping Bag
- Place Shipping Label on front of Shipping Bag
- Drop Shipping Bag at the UPS Pickup Location
- Obtain Tracking # from UPS Pickup Location and email to Provider same day

