



**MOSAIC™**  
DIAGNOSTICS  
*Formerly Great Plains Laboratory*

# Your Body Has Something to Tell You

This is How We Listen

**Dried Blood Spot Collection Kit Instructions**





# A world of information in a drop of blood.

We all know that blood can be a rich source of information about our health and wellbeing. What may surprise you, though, is how little blood is required to perform the detailed analyses that your health and wellness provider uses to help identify areas of concern and help guide your care.

That's what makes the Dried Blood Spot (DBS) such a useful tool. It allows you, in the privacy of your own home, to capture the few drops of blood needed to reveal valuable insights about your diet and allergies with potential significant impact on your quality of life.

## **It's simpler than you think.**

The enclosed collection kit has been optimized to make the entire process as fast, easy, and PAIN FREE as possible. Most users are pleasantly surprised with how little effort is required.

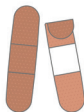
The directions on the following pages will walk you through the few basic steps, and we predict that you'll be done and ready to return your sample before you know it.

# Test Kit Contents

Start by identifying these eight elements of your test kit.



*Test Kit Box  
or Envelope*



*Bandage*



*Lancets*



*Clear biohazard  
zip-lock bag*



*Collection Card*



*Desiccant Pack*



*Sterile Gauze Pad*



*Test Requisition  
Form*



*Antiseptic Wipe*

Return Shipping Materials will include one of the following:

- *Purple Shipping Envelope*
- *Shipping Laboratory Pak*

# Preparing For Your Test

1

**Drink lots of water.** It is important that you are well hydrated. We recommend drinking two or more 8 oz glasses of water, starting a few hours prior to collection.

2

**Locate the barcode sheet in your test kit.** Place one barcode sticker to each collection sample. Be sure that the information is legible and includes the collection date, time, and that the name matches what was provided on the test order.

3

**Decide which finger you want to use.** In general, we recommend using your non-dominant hand to keep your dominant hand free for collecting the sample.

4

**If you take a blood thinner or medication** for a bleeding disorder, check with your prescribing physician to see if it is okay to complete this test. Commonly prescribed blood thinners include Coumadin, Plavix, Effient, Brilinta, Pradaxa, Eliquis, Xarelto, and daily aspirin.

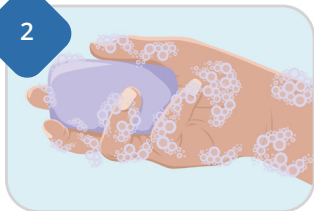
# Let's Get Started

1



**Locate the following items** in your collection kit, including the DBS collection card, lancets, sterile gauze pad, antiseptic wipe and bandage.

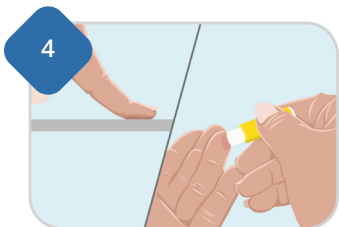
2



**Wash your hands** with soap and warm water for at least two minutes. Massaging your finger while washing can help increase blood flow.

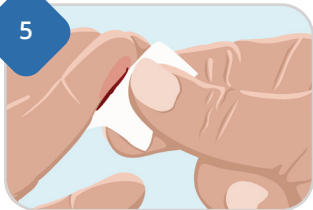


**Open one Lancet** by twisting off the small tab and pulling the top straight up. Wipe selected finger with antiseptic wipe and set aside.



**Push your finger down against a clean, hard surface** and press lancet to puncture finger. Using side of fingertip may cause less discomfort.

5



**Wipe off the first drop of blood** with the Antiseptic Wipe to sterilize the site.

6



**Squeeze your finger as needed to create a full blood drop.** Massaging the entire length of your finger can help increase blood flow.

7



**Fill each circle on the collection card** by allowing blood to drop from your finger on to the card. More than one drop may be required to fill some circles. Be careful not to touch the card with the lanced finger.





**Use a second Lancet if necessary** to initiate more blood flow. Lancets are only able to be used one time. Once spots have dried, do not place additional drops on the same circle. If necessary, use a second lancet on a different finger to initiate more blood flow.



**Dispose of used Lancet(s) in your regular trash.** The needle retracts after use, so they are no longer hazardous. Do not return the Lancet with your sample.



**When the collection is complete, wipe your finger with the Sterile Gauze Pad and apply the bandage.** If the finger continues to bleed, hold your hand above shoulder height for one minute or until bleeding stops.

# Successful Collection Examples

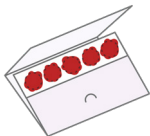
See below for examples of successful one and five-spot samples.

Note that unacceptable samples can not be tested and will be rejected by the lab.

## Acceptable

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Five-Spot Test



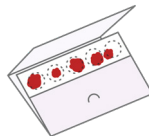
One-Spot Test



## Not Acceptable

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Five-Spot Test



One-Spot Test



# You Did It!

Good work.

Now that you've completed the blood spot collection, please follow these steps to allow the blood spots to dry before shipping.

- Avoid touching or smearing blood spots while handling.
- Bend the card on the dotted line to make a little tent so that both sides of the collect site are exposed to air.
- Set in a quiet place away from pets, dust, cooking, make-up, or other potential contaminants.
- Allow at least 3 hours for the sample to dry before shipping.
- Keep away from sunlight or heat sources which may affect the quality of the sample.
- Do not stack the Collection Card or allow it to touch other surfaces while drying.

# Preparing the Sample to Ship



**Ensure the barcode label on the collection card** has been completed and matches the test order (or Test Requisition Form).



**Place your Collection Card in the Clear biohazard zip-lock bag,** insert the desiccant pack, and seal the bag.



4

**Place the zip-lock bag into the Purple Bubble Mailer or Shipping Laboratory Pak.** If you did not register online, include the paper Test Requisition Form.



5

**Locate the shipping instruction card** included in your test kit for details on how to ship your collection(s).

# What's Next?

Your test results will be delivered to your doctor or health advisor generally within two weeks after being received at Mosaic Diagnostics labs.

It will be up to your doctor or practitioner to review the results with you, identify any areas of interest or concern, and work with you to lay out the appropriate next steps.

For questions about test outcomes or their implications for your health, please speak with your doctor or health and wellness advisor. For privacy reasons, Mosaic Diagnostics personnel cannot discuss test results directly with test patients or their family members.

# Any Questions?

If you have questions about any aspect of the specimen collection or shipping process, please feel free to contact us:



**Phone** | our friendly customer service team is available Monday through Friday 8am-5pm CST at 800-288-0383



**Email** | [CustomerService@MosaicDX.com](mailto:CustomerService@MosaicDX.com)



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