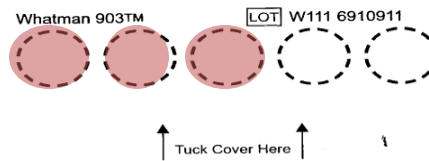


Instructions for Blood Spot Collection (> 1 yr old)

1. Wash hands thoroughly
2. Warm the middle or ring finger to be poked under warm running water, or with a warm wash cloth for 3-5 minutes
3. Dry and wipe with an alcohol wipe and air dry
4. Position lancet on left or right side of the middle or ring finger; poke finger with spring loaded lancet and count to 2 before removing



5. Wipe away the first drop of blood with sterile gauze
6. Apply gentle pressure (do not squeeze hard) and allow a drop of blood to fall on each of 3 circles
7. Fill 3 circles, making sure blood has soaked through to the other side



Name _____

Date _____

8. Fill out the label on the card with **date and time** of collection
9. Allow card to air dry, open for 3 hours
10. Close card and place in plastic bag and preaddressed and postage-paid envelope
11. Mail to Seattle Children's Hospital Laboratory on the same day.

Please call your transplant coordinator with any questions or concerns:
206-987-1800

Laboratory Client Services:
206-987-2617