



Bio Healthcare  
Hub™

Predictive & Preventative Healthcare Testing

BLOOD DROP  
BLOOD TESTING CLINIC

Know My Gut  
Empowering the second brain

MyDNA Clinic  
Empowering Medicine Healthcare

# Dried Blood Spot Collection Instruction

Getting prepared to take your  
Dried Blood Spot sample

How to take Dried Blood  
Spot sample

Activating & sending  
your sample to the lab



Scan QR code to  
watch how to use video

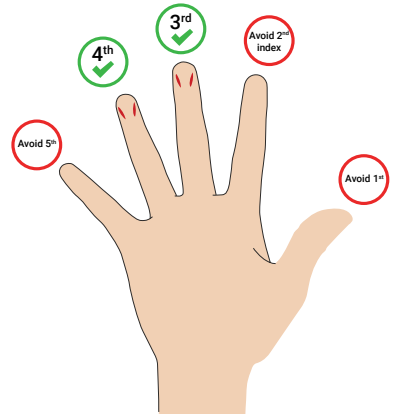
- ✓ For optimal FedEx pickup (Monday - Friday), aim to perform your test between Sunday and Thursday.
- ✓ Read the instructions carefully before using your kit
- ✓ Check that all the contents are in the box
- ✓ Do not open the dried blood spot sample return bag until you are ready to use your kit



## Step 2 - Select your finger & increase the blood flow

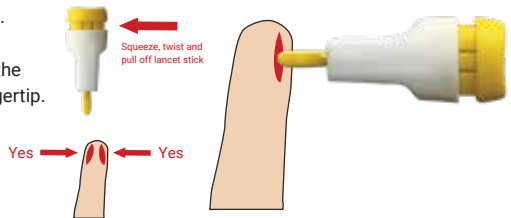
Try to select the non-dominant arm since this will have fewer calluses.  
Select the correct position and finger for the test.

- Warm Your Hands: Warm your hands under warm, running water. Gently massage the fingertip 5-6 times to warm it further.
- Increase Blood Flow: While standing, pump your fists to enhance blood circulation.
- Select the Right Finger: Choose a finger without thick skin or calluses to ensure the lancet can pierce effectively.
- Clean and Dry: Clean the selected finger with an alcohol wipe, then thoroughly dry it with a clean tissue. Wet fingers can lead to hemolyzed results due to residual alcohol affecting the blood sample.



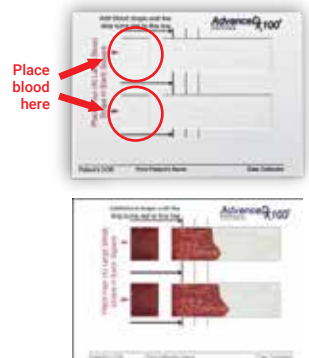
## Step 3 - Creating your blood drops with the lancet

- Clear your little or ring finger with an alcohol swab.
- Twist off the thin yellow tip of a lancet, and place the white end firmly against the side of your clean fingertip.
- Press the yellow button until the lancet clicks. This will push a tiny needle into your fingertip.



## Step 4 - Collect your blood on to the Dried Blood Spot card

- Remove the first drop of blood using a piece of gauze.
- Allow 4-7 large free-falling blood drops to land on the top left square of the card. Do NOT touch your finger directly on the collection square.
  - The illustration shows how a proper collection looks.
  - Blood will migrate from the square to the rectangle.
  - Do not put blood directly on the rectangle.
- Place 4-7 additional drops of blood on the lower left square by repeating the steps above using a new lancet if needed.
- If you have a second collection card then repeat the process above for the upper and lower collection squares.
- Allow the collection card(s) to dry for 1 hour.

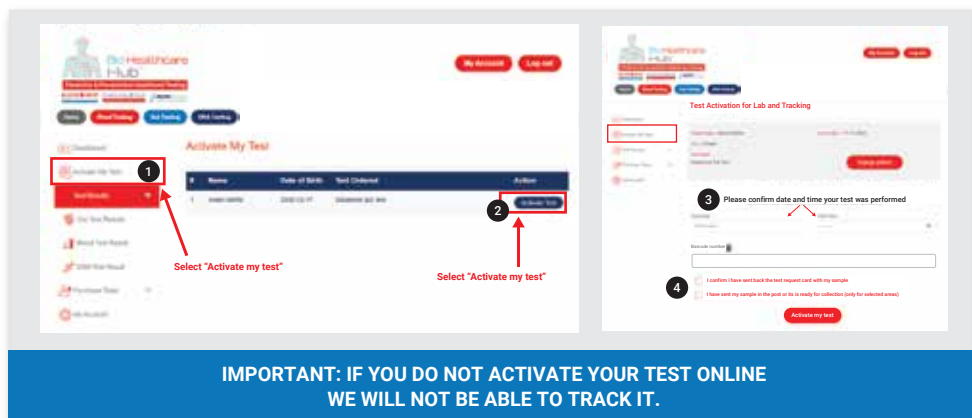


## Step 5 - Place Dried Blood Spot card inside return bag

- Tear open the white Blood Sample Return Bag at the notches and place the dried collection card into the Sample Return Bag(s) and seal. (One card, each goes into a separate sample return bag.)
- Place the Blood Sample Return Bag and Test Order Form into the clear plastic bag.



## Step 6 - Log in to your BioHealth Hub account to activate your test



**IMPORTANT: IF YOU DO NOT ACTIVATE YOUR TEST ONLINE WE WILL NOT BE ABLE TO TRACK IT.**

## Step 7 - Ship today



- Ship the same day as sample collection.
- If you have a U.S. Postal Service mailer, place in a standard mailbox or bring to your local post office.
- If you have a FedEx mailer, find the nearest FedEx drop box by:  
Going to: [bit.ly/fedexdropbox](http://bit.ly/fedexdropbox)  
(Mon-Fri only) or Calling: 1-800-463-3339
- Place the clear plastic bag inside the pre-labeled mailer (either FedEx or U.S. Postal Service) and seal closed.
- Place the Blood Sample Return Bag and Test Requisition Form into the clear plastic bag.