

# Collecting **your** blood Phe spot at home



## Preparing for **your** blood test at home

### Before you get started...

- 1 Complete and mail your diet record (if required by your clinic)
- 2 Fill out the required personal information on the filter card (note the date and time your sample was taken)
- 3 Make sure you have all the necessary supplies; suggestions include:



Spring-loaded lancets



Moisture-resistant envelope and stamps



Filter paper form



Alcohol wipe pad/packet



Adhesive bandage or clean paper towel

### Notes:

---

---

---

---

---

---

---

---

---

---



## Performing your blood test at home

### It's test time

Each clinic will have its own directions regarding when you should perform your blood Phe testing. Please follow your clinic's specific directions. Here are the most common steps to performing your blood test:

#### □ Wash your hands

Wash your hands thoroughly with soap and warm water and dry with a clean towel.

#### □ Select a finger

Select a different finger each time you test to avoid soreness and calluses. Most people find the sides of their fingertips to be less sensitive than the tops. Generally, the heel of the foot should be used for infants; however, please follow your clinic's instructions.

#### □ Prick your finger

Apply gentle pressure to the site to produce a drop of blood. Do not squeeze or allow your finger to touch the filter paper to avoid dilution and/or contamination of the sample.

#### □ Fill the filter paper

Fill each circle on the filter paper completely with enough blood to soak through to the other side. Once your sample is completed, use a clean paper towel, gauze, or adhesive bandage to stop the bleeding.



No



No



Yes!

#### □ Let the filter paper dry

Place your completed blood sample in a safe area where it can air dry completely (about 3 hours) without becoming contaminated or soaking through onto another surface.

#### □ Discard materials

It is important to safely discard any used filter paper or lancets after use. Please check with your clinic for guidance on proper disposal of these materials.

#### □ Get the filter paper to the lab

Once the sample has dried, mail it right away. Check with your clinic for instructions on how to correctly label your sample for the laboratory.



**If you have trouble getting enough blood to fill the minimum circles on the filter paper, try these tips:**

- **Warmth encourages blood to flow more freely**  
Try rinsing your hands under warm water or massage the site to increase blood flow.
- **Shake your hands downward**  
until you can feel increased blood flow in the site.
- **Try a different site**  
Although the sides of the fingers tend to be less sensitive, using the finger tip may be necessary.



**Tips for collecting a sample**

- Make sure your hands are clean
- Fill your circles completely
- Allow sample to completely dry
- Mail your sample within 24 hours

