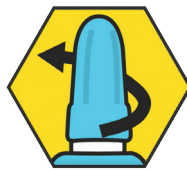


Video available: bit.ly/BloodSpotVideo

Step 1: Getting Ready

1. Wash your hands with warm water and soap.
2. Line up the contents of the collection kit on a clean surface.
3. Hold the blood collection card by the edges. Open the card flap and fold it back.
4. From your non-dominant hand, choose either your middle or ring finger to collect the sample from. To stimulate blood flow, rub the finger with your thumb to warm it or run the finger under warm water for a few minutes.
5. Tear open the alcohol pad. Wipe all sides of your chosen finger pad and let dry for 15 to 20 seconds.
6. Twist off the top of the lancet.



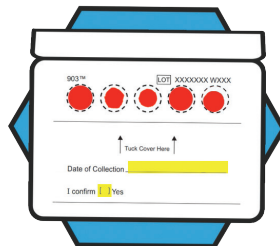
Please note:

- The lancet will only work once.
- Do not use the lancet if the safety cap has been dislodged.
- If the lancet does not work, repeat steps 7 and 8 with a new lancet.
- You can throw out the used lancet with your regular garbage. It is perfectly safe to do so.

Step 3: Submitting Your Sample

13. Completing the Card

Record the date of collection and check the box to confirm you are the person named in the letter. Leave the card open to air dry for 3 hours. Keep it away from sunlight and any heat sources. Leave it open on a table where it will not be disturbed by kids or pets.

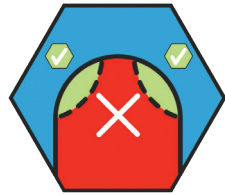


14. Packing it Up

After 3 hours, close the flap and tuck the card inside the small plastic bag

Step 2: Collecting Your Sample

7. Position the lancet firmly against the top of your finger. Avoid the middle of the finger pad as you will not draw enough blood.
8. Press the lancet against the finger until you hear a 'click'.
9. Wipe the first small drop of blood away with the gauze.
10. As a large drop of blood gathers, hold your finger over one of the circles on the collection card. Gently touch the blood drop to the centre of the circle.



Try to:

- Avoid squeezing your finger.
 - Avoid touching the circle with your finger.
 - Avoid smearing blood on the paper.
 - Avoid overlapping or layering the blood spots.
11. Repeat Step 10 for the remaining circles. **It is better to use large drops of blood and fill only a few circles, than to use a small drop of blood and fill more circles.**
 12. After you have filled the circles, wipe your finger with the gauze and cover with the bandage provided.

Congratulations!

You have just collected a blood spot sample. Well done!



containing the desiccant packet and humidity card. Press the air out and seal the bag.

15. Mail the Sample

Put the plastic bag containing your blood spot sample in the return envelope and drop it off at your nearest Canada Post mailbox as soon as possible. **Be sure to mail it within 48 hours of collecting your sample.**

Thank you! Your contribution is truly appreciated.

Need Help? See the accompanying letter for your regional cohort's contact information.