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:

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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.

☐ 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