

Preparing the Package

1

Complete the information on the barcode sticker AND the collection card by writing the patient name, date of birth, and collection date. Place the barcode sticker on the card, ensuring information written on the card is visible. Use blue or black ink from a ball-point pen – do not use felt-tipped pens or dry-erase markers. **Note: Unlabeled samples will be rejected.**

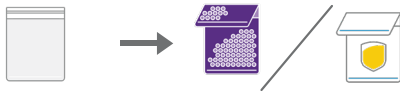
2

Place your collection card in the clear zip-lock bag, insert the desiccant pack, and seal the bag.



3

Place the zip-lock bag into the purple bubble mailer or shipping laboratory pak.



4

Locate the shipping instruction card included in your test kit for details on how to ship your collection(s).

For online instructions
use the QR code or visit
mosaicdx.com/instructions



Any Questions?

If you have questions about any aspect of the specimen collection or shipping process, please feel free to contact us:



Phone | our friendly customer service team is available Monday through Friday 8am-5pm CST at 800-288-0383



Email | CustomerService@MosaicDX.com



Collection Instructions: Dried Blood Spot

Your practitioner has recommended this test because dried blood spot collection offers a simple, convenient, and effective way to gather the necessary sample. Mosaic Diagnostics is here to help you take this next step.

Test Kit Contents

Start by identifying these elements of your test kit.

If you are missing or have expired components contact Mosaic Customer Service at 800-288-0383.



Test kit box
or envelope



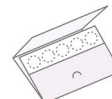
Bandage



Lancets (blue-adult or
yellow-pediatric)



Clear zip-lock bag



Collection card



Desiccant pack



Sterile gauze pad



Antiseptic wipe

Return shipping materials will include one of the following:

- Purple shipping envelope
- Shipping laboratory pak

Before You Start:

Drink lots of water. It is important that you are well hydrated. We recommend drinking two or more 8 oz glasses of water, starting a few hours prior to collection.

If you take a blood thinner or medication for a bleeding disorder, check with your prescribing physician to see if it is okay to complete this test. Commonly prescribed blood thinners include Coumadin, Plavix, Effient, Brilinta, Pradaxa, Eliquis, Xarelto, and daily aspirin.



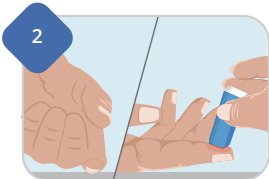
Let's Get Started

Decide which finger you want to use. In general, we recommend using your non-dominant hand to keep your dominant hand free for collecting the sample.

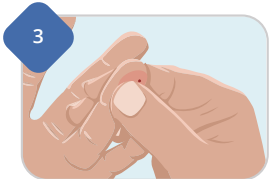
Wash your hands with soap and warm water for at least two minutes. Massaging your finger while washing can help increase blood flow.



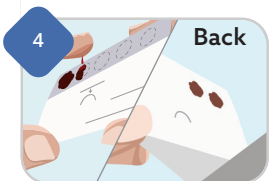
Open one lancet. Wipe selected finger with antiseptic wipe and set aside.



Push your finger down against a clean, hard surface and press lancet to puncture finger. Using side of fingertip may cause less discomfort. Wipe off the first drop of blood with the antiseptic wipe to sterilize the site.



Squeeze your finger as needed to create a full blood drop. Massaging the entire length of your finger can help increase blood flow.



Fill each circle on the collection card by allowing blood to drop from your finger on to the card. More than one drop may be required to fill some circles. Be careful not to touch the card with the lanced finger.

Ensure the blood soaks through to the back of the card. Do not press your finger against the card.



When the collection is complete, wipe your finger with the sterile gauze pad and apply the bandage. If the finger continues to bleed, hold your hand above shoulder height for one minute or until bleeding stops.

If necessary, use a second lancet, on a different finger, to collect the required blood volume. Lancets are only able to be used one time. Once spots have dried, do not place additional drops on the same circle.

After Collection

Now that you've completed the blood spot collection, please follow these steps to allow the blood spots to dry before shipping.

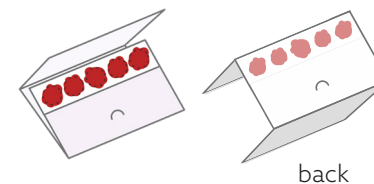
- Avoid touching or smearing blood spots while handling.
- Bend the card on the dotted line to make a little tent so that both sides of the card are exposed to air.
- Set in a quiet place away from pets, dust, cooking, make-up, or other potential contaminants.
- Allow at least 3 hours for the sample to dry before shipping.
- Keep away from sunlight or heat sources which may affect the quality of the sample.
- Do not stack the card or allow it to touch other surfaces while drying.

Successful Collection Examples

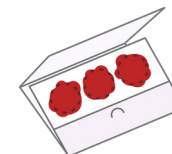
Acceptable samples will show blood soaked through the backside of the collection card. **Note that unacceptable samples cannot be tested and will be rejected by the lab.**

Acceptable

Five-Spot Test

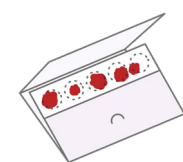


Three-Spot Test

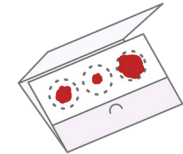


Not Acceptable

Five-Spot Test



Three-Spot Test



See next page for package preparation