How to take a dried blood spot sample

**Hepatitis B Dried Blood Spot – Testing kit contents:**

1. 1x Instruction sheet
2. 1x Reply-paid specimen bag (for return of specimen)
3. 1x Lancet
4. 1x Dried Blood Spot card
5. 1x Clear bag
6. 1x Alcohol wipe
7. 1x Request form

Complete the details on the infant request form and blood spot card. Provide as much detail as possible, including the infant’s NHS No. and GP details to ensure timely reporting of results.

Place the infant in a comfortable position with their foot bare. Healthcare worker should wash and dry their hands thoroughly and wear appropriate PPE (gloves/apron) during the procedure.

Clean the area to be used for the blood test with an alcohol wipe.

The best area for the heel prick is the sides of the heel (shaded green). The sample should not be taken from the back of the heel. Please avoid this area.

Remove the blue safety clip and place the lancet in light contact with the heel. This will ensure the incision is not too deep or too shallow. Press the trigger. The blade will create an incision and then retract. Dispose of the device in a sharps box.

Allow the blood to flow naturally and fill at least 3 circles with blood. Fill the circles evenly with one drop of blood per circle. Ensure blood has been absorbed into the filter paper at the rear of the card.

If the blood stops flowing, wipe away any congealed blood and gently massage the foot (do not squeeze). Excessive pressure reduces the density of the blood on the sample. If the infant is not bleeding, a second puncture is needed. This should be on the other foot or a different part of the same foot.

Be careful not to contaminate the sample. Allow the blood spots to air dry for 10 minutes away from direct sunlight or heat. Once completely dry, fold the top of the card over the blood spots and place the card in the sealed section of the clear plastic bag with the request form in the front pocket.

Place the clear bag into the reply-paid grey bag and post to the lab promptly using Royal Mail. Inform the parent/guardian that their GP will receive the result. Any questions – please contact: hepatitisbabies@phe.gov.uk or telephone 0208 327 6439.