

# How to take a dried blood spot sample

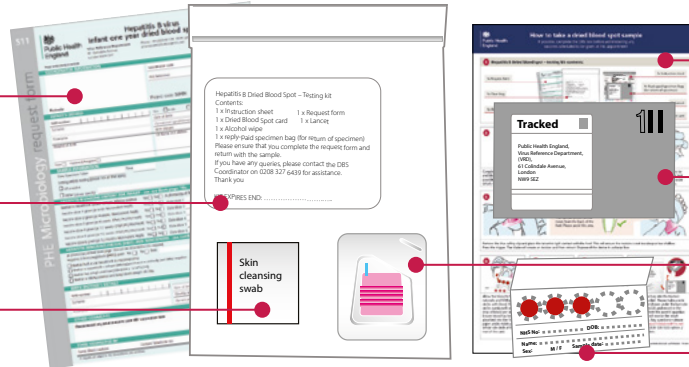
If possible, complete the DBS test before administering any vaccines scheduled to be given at this appointment

## 1 Hepatitis B Dried blood spot – testing kit contents:

1x Request form

1x Clear bag

1x Alcohol wipe



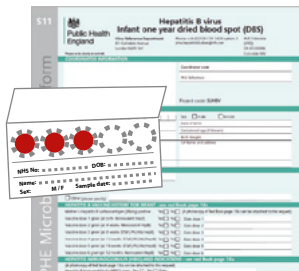
1x Instruction sheet

1x Reply-paid specimen bag  
(for return of specimen)

1x Lancet

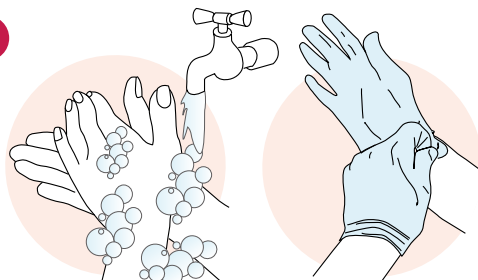
1x Dried blood spot card

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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.

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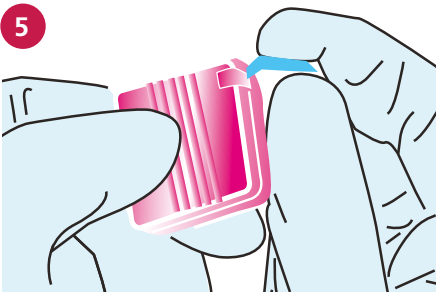
Place the infant in a comfortable position with their foot bare. Healthcare worker should wash and dry their hands thoroughly and wear appropriate PPE (gloves/apron) during the procedure.

4

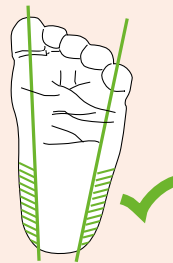


Clean the area to be used for a blood test with an alcohol wipe and allow to dry.

5

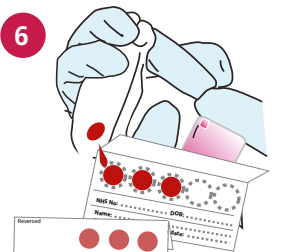


The best area for the heel prick is the sides of the heel (shaded green).  
The sample should not be taken from the back of the heel. Please avoid this area.



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.

6



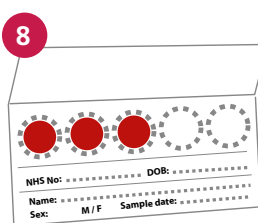
Allow the blood to flow naturally and fill three circles with blood. Fill the circles evenly with one drop of blood per circle. Ensure blood has been absorbed into the filter paper and is visible as a similar size circle at the rear of the card.

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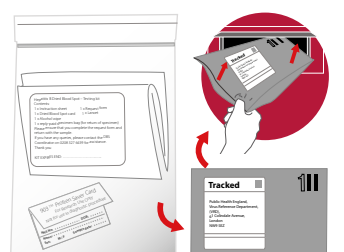
If the blood stops flowing, wipe away any congealed blood and gently massage the foot (do not squeeze). Excessive pressure reduces the density of the blood on the sample. If the infant is not bleeding, a second puncture is needed. This should be on the other foot or a different part of the same foot.

8



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 spot and place in the sealed section of the clear plastic bag with the request form in the front pocket.

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Place the clear bag into the tracked envelope provided. Please make a note of the number shown under the barcode (which ends in GB) and record in the baby's file. Inform the parent/guardian that their GP will receive the result after 3 weeks. Any questions – please contact [phe.hepatitisbbabies@nhs.net](mailto:phe.hepatitisbbabies@nhs.net) or telephone 0330 128 1020 option 2 Hepatitis B Babies.