FILTER PAPER BLOOD TEST PROCEDURE

**Important:** Blood tests are analyzed every Thursday and results are reported on Fridays. Please place the filter paper into the mailbox by Sunday so that it arrives by Wednesday. All tests that arrive after Wednesday afternoon will not be reported until the following Friday.

**Blood spots should be taken at least 1.5-2 hours after a meal**

1. Fill out filter paper card with patient’s name, date of birth, collection date.
2. Fill out parts of pages 1 and 3 of the Emory Genetics Lab Test Requisition Form where highlighted.
3. Do not touch the filter paper before or after applying blood spot.
4. Wash hands with soap and warm water and dry thoroughly.
5. Clean fingertip to be pricked with a 70% alcohol pad and air dry.  
   **Tip:** you can rub the fingertip to increase blood flow before pricking.
6. Prick side of fingertip near fingernail with a sterile lancet. Lancets can be found in any drug store. Discard the lancet after use.
7. Allow drop of blood to form. Wipe first drop of blood away with gauze or cotton ball. Allow second drop to form.
8. Apply large drop of blood to filter paper. One drop will fill circle from front to back. **Do not layer additional drops of blood**, and apply blood to only one side of the filter paper.
9. Fill two circles on the card.
10. Re-stick finger if blood does not flow freely. Follow steps 5 to 8.
11. Allow to dry for 4 hours on a flat, clean, nonabsorbent surface that is away from heat and sunlight. Please send the filter paper and test requisition form completed in the provided envelope to: *Emory Genetics Metabolic Nutrition Program, Attn: Teresa Douglas, 2165 N. Decatur Road, Decatur GA 30033.*