

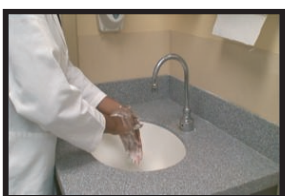
## To Begin:



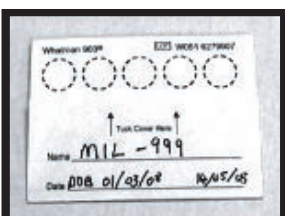
1. Explain to the mother the reason for the test. Obtain consent.



2. You need gloves, alcohol swabs, lancets, cotton wool, sterile gauze, a sharps box and the filter paper for the test. Do not touch the circles on the filter paper.

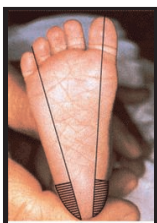


3. Wash your hands. If your gloves are powdered, wash the powder off.



4. Label the DBS filter paper with the patient number, date of birth and date the sample is taken.

## The Heel Prick (Birth- 5 Months):



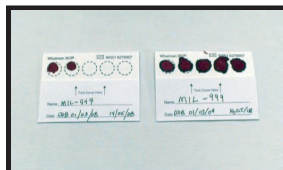
1. Prick where the arrows point. Avoid the center of the heel.



2. Clean the heel using alcohol gauze. Wait till it is dry before pricking. Prick the heel. Put the lancet into the sharps box. Remove the first drop of blood. Firmly squeeze the foot in the direction from the toes towards the heel.



3. Each circle must be completely filled with blood. Relax your grip to allow the foot to refill with blood and then squeeze again to obtain more blood. You may have to prick multiple times. Use a new lancet each time you prick. Stop the bleeding with cotton wool/ gauze.

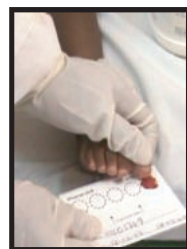


4. The card on the left is insufficient for testing. The card on the right is correctly filled and the test will be successful.

## The Toe Prick (5- 10 Months Old):



1. The places marked by arrows are safe to prick. Avoid the tip and the pad.

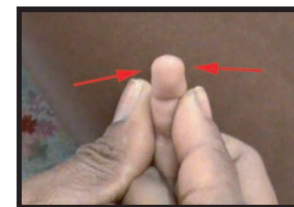


2. Clean the toe with alcohol, let it dry completely, and prick. Wipe away the first drop of blood. Put the lancet and dirty gauze into the sharps bin.



3. Fill the card. Gently squeeze the whole foot to help blood flow. Prick again if necessary. When the card is full, stop the bleeding with cotton wool/ gauze.

## The Finger Prick (Older than 10 Months):



1. The thumb, index, middle and ring finger are most commonly used. The arrows on the diagram are safe to prick. Avoid the tip and the pad.



2. Clean the finger tip with alcohol, let it dry completely, and prick. Wipe away the first drop of blood. Put the lancet and dirty gauze into the sharps.



3. Fill the card. Gently squeeze the whole hand to help blood flow. Prick again if necessary. Stop the bleeding. Dry the card. Pack the card as above when it is dry.

## To Finish:



1. Dry the card in a place protected from sunlight, dust, and insects. The card should be left for at least four hours. It can be left overnight or for a few days.



2. Place the dry card into a plastic bag with a single bag of desiccant. Up to 15 cards can be put into a single bag. If multiple samples are placed into one bag, separate them with a clean piece of tissue or exam paper with two desiccant packs.