

Bloodspot Profile

State-of-the-art Science. Superior Solutions.



Need more information?

Please see our instructional videos at
www.PhysiciansLab.com or call 877.326.5969

Accession #



© Copyright 2020 Physicians Lab, Inc. All rights reserved.
Physicians Lab is a laboratory testing facility only and does not
diagnose, treat, or recommend treatment for medical conditions.

IMPORTANT

Please take a hot shower to stimulate blood flow. Avoid supplements containing Biotin for 24 hours before testing. Record collection date and time and return this card with your sample. Kits received without this information will be rejected.

You MUST completely saturate all 4 collection tips provided in order for the Lab to process your samples.

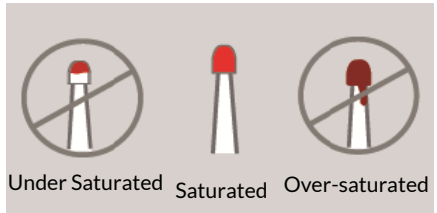
It is imperative to view this link to complete the testing properly

<https://physicianslab.com/bloodcollection/>

Bloodspot Specimen Collection Log

Collection Day: ____/____/____ mm/dd/yy

Collection Time: ____ : ____



Timing: Collect sample first thing in the morning prior to taking daily medications and supplements.

Important Steps For Collecting Your Samples

Please take a hot shower to stimulate blood flow.

After triggering the lancet, firmly press and slightly twist the lancet against the incision to allow greater blood flow.

Wipe away the first drop of blood to prevent clotting to soon. If blood flow slows while collecting, wipe the area again.

After the tip turns red please keep the tip in contact with the blood for 2 more seconds. This will ensure the core is saturated as well

Preparing your kit

All 4 collection tips must be completely saturated in order for the lab to process your samples.

Insert Clamshell into specimen bag, seal bag shut, and insert into test kit for return shipping back to the lab.

Include the Collection Date and Time card within your kit.

Shipping

Place return kit immediately in the pre-paid shipping envelope provided.

Bring return kit to any certified drop off, drop box or local office.

For questions regarding sample collection, please call Physicians Lab's at (877)326-5969