

FOLLOW THE INSTRUCTIONS CAREFULLY

- Please collect your dried blood spot sample before breakfast after fasting.
- The best location for the finger prick is slightly off the centre of your middle finger.
- After blood collection, use a plaster if necessary.
- It is important to wait until the collection card is completely dry before you close it.

1 Complete the consent form and sign it.



2 Remove the cotton wool and collection card from the pack and open the card.



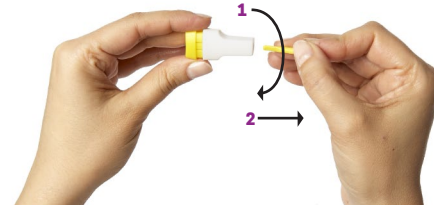
3 Wash your hands under warm water and dry them.



4 Wipe your middle fingertip with the alcohol pad and allow it to dry.



5 Twist off the yellow protective cap and pull it straight out.



6 Press the lancet against your middle finger and press the yellow button to activate.



7 Remove the first drop of blood using a cotton ball.



8 Stand up, hold your hand below your waist and massage your finger towards the pinprick to generate a large blood drop.



9 Spot the blood on the card without touching the paper with your finger.



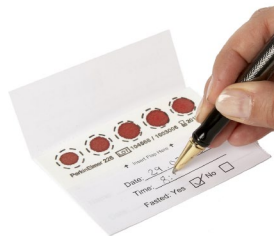
10 Spot only one blood drop onto the centre of the target using a full drop each time.



11 Repeat steps 8 to 10 to generate 5 blood spots.



12 Write down the collection date, time and your fasting status on the card and allow to dry.



13 Place the collection card into the storage bag that contains the desiccant.



14 Place the collection card and the signed consent form in the envelope provided.



- If your blood coagulates quickly, use the second lancet to prick another point.
- Please post your sample within 24 hours of collecting the blood spots.
- The collection card and signed consent form must be returned together or we will not be able to use the sample.

SPOT DEPRESSION

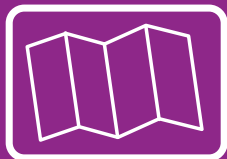
www.spot-depression.org
<http://ccnr.ceb.cam.ac.uk>

Cambridge Centre for Neuropsychiatric Research
 Dept of Chemical Engineering & Biotechnology

Cambridge University, Tennis Court Road,
 Cambridge CB2 1QT, UK

KIT CONTENT

Your dried blood spot collection kit includes:



Instructions



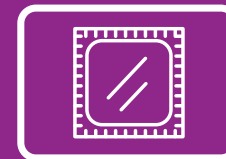
Prepaid envelope



Consent form



Dried blood spot collection card



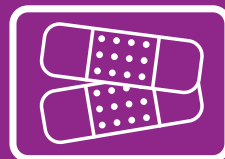
Alcohol pad (2x)



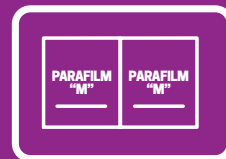
Lancet (x2)



Cotton ball (2x)



Plaster (2x)



Parafilm



Storage bag with desiccant pack

CAUTION

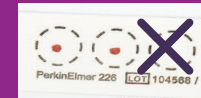
- Do not use lancet if protective cap has been removed.
- Keep away from children.
- Store at room temperature.



- After you have completed the blood spot collection, replace the yellow protective cap back onto the lancet device. Use the enclosed plastic paraffin to wrap the cap and dispose of the device in a waste bin.

INVALID SAMPLES

- Avoid small drops.



- Do not multiple spot.



- Allow it to dry.



- Sign the consent form.

MORE INFORMATION



Scan this QR code for more information or go to:
ccnr.ceb.cam.ac.uk/spotdepression/FAQ

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Spot Saver Card    Lancet  0344 

Alcotip Swab   Plaster  0120 

CONTACT US

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