Requesting supplies

Make sure you request supplies **3-4 weeks** before you are going to run out.
Complete the form and return with the blood spot sample.

Or

Telephone the Metabolic Nurses on 0121 333 9962.

Supplies are posted out by second class post and are sent out once a week.
Collecting the Specimen

Before you start make sure you have the following to hand; good preparation helps to get a good specimen:

- A clean surface
- An alcohol wipe
- A lancet device
- A capillary blood bottle
- Cotton Wool or tissue
- Transport tray
- Stamped addressed envelope if posting in.

Before you start make sure the hand is nice and warm.

Blood Collection:

- Select the area that you are going to collect the spots from. It is advisable to alternate hands and fingers and thumbs
- Use one of the highlighted areas shown
- Do not use the index finger as this is more painful.

- Touch the blood drop to the capillary tube and allow the blood to be sucked up. Hold the larger open end of the tube slightly lower then the collecting end of the tube. Keep repeating this until the tube is full. You may need to consider pricking again if it is not bleeding. Do not do this more than 3 times. Try again the following morning or contact the Metabolic Nurse for advice.

- Once full put the small cap on the thin end of the tube and then close the lid. Make sure both the cap and lid are firmly in place. Return the collecting tube to the brown container.
- Apply pressure with the cotton wool to the site until it stops bleeding.
- Write your child’s name and Hospital number on the brown container with the special pen or use the sticky label if provided.
- Dispose of the equipment appropriately and wash hands
- Complete the request form with the date and time of collection, please double check that the patient details are correct.
- Place the sample in the transport tray and then place in the envelope along with the request and post to the Laboratory as soon as possible.