

FINGER STICK INSTRUCTION SHEET

- 1) Wash hands with warm, soapy water/dry hands.
- 2) Rub hands together to make warm or run hands under warm water.
- 3) Choose a finger and massage the fingertip to increase blood flow.
- 4) Cleanse finger with alcohol swab and wipe dry with sterile gauze.
- 5) Twist off top of lancet.
- 6) **FIRMLY** press the pad of your finger with thumb and press lancet on the outer tip of the finger. Lancet will automatically release when you press down.
- 7) Remove lancet and wipe away the first small drop of blood using the sterile gauze.
- 8) Squeeze next to the puncture to form a large drop of blood. Lower the hand to increase blood flow and allow a second, larger drop of blood to form. Keep the drop balanced on your finger as it forms. When the drop is large enough and appears ready to roll, touch the circle on the card with drop of blood, enough to soak the circle. Do NOT "double drop" on one spot, only one drop is necessary. Repeat 4 more times to fill each circle. If you cannot obtain enough blood from one finger stick, repeat steps 1-8 on another finger.
- 9) Let blood dry for at least an hour and then pack up card to mail. Be sure to fill out the Blood Collection Date in the upper left in the blue section of the forms.

For any other questions, please contact our clinical staff at
One to One FemaleCare, PA
973 683-1400