

SPOTS

Sex and Prevention of
Transmission Study

Thanks for requesting your SPOTS kit!
Providing a specimen will help us
improve sexual health services and
blood donation policy in Aotearoa
New Zealand.

We understand that situations can
change, and while we'd love to receive
your completed sample in the post,
receiving this pack doesn't mean you
have to provide a sample.

Blood spot collection kit contents

You should have the following items:

- This double-sided instruction sheet (1)
- Working area placemat (1)
- Blood spot collection card (1)
- ▲ Fingerprick lancets (2)
- Alcohol swabs (2)
- ✂ Sterilised gauze (2 packets of 2)
- ◆ Plasters(2)
- Medicine jars (2)
- Small brown envelope (1)
- Moisture packs (2)
- Return addressed and postage paid envelope (1)
- \$10 gift voucher (1)



Stuck? Scan QR code or visit
SPOTS.org.nz/guide to watch
our instructional video.

Instructions for blood collection



Sample collection time: 15-20 minutes

Sample drying time: 4-12 hours

Before you begin

1. If you haven't already, check out our website SPOTS.org.nz and watch one of the instructional videos to familiarise yourself with the collection process.

Pro tip: because the lancets are designed to make a small and shallow prick through the skin (we wanted this to be as easy and painless as possible for you), it's really important that you have good blood-flow to your fingers when you're ready to take your sample. Things you can do at home to help with this include being well hydrated, doing light exercise, or having a hot shower. It will also help if you avoid caffeine and nicotine for 30 minutes before you begin.

2. Find a clean and flat surface you can use from a seated position.
3. Set the bag down on the surface you have chosen then have a big drink of water and wash your hands thoroughly!

Setting up


4. Sit down then open the kit bag and check that the linked codes are the same on the sample card, brown envelope, and return addressed envelope, and that this code matches the one we txt you when you ordered the kit.
5. Place the materials mat face-up on your working surface then put one of each item shown on the mat in its corresponding outline.

Checkpoint: If you can't fill each outline on your materials mat because you're missing one or more items, get in touch with us via SPOTS.org.nz and we'll send you a replacement kit right away!

Collecting your blood

6. Choose the finger you'll use to take the sample. It's recommended you use either the middle or ring finger on your non-dominant hand.

Important: Don't use your thumb for sampling!

7. Open the top flap of the **collection card**  so you can see the five collection circles and the flap is folded away from you.

- Partially open one of the **gauze packs** 🧻 and put it back on the mat. There are two pieces of gauze per pack, both of which you'll need soon...
- Open one **alcohol swab** 🧼 and wipe it in one motion across the tip of the finger you've chosen.

Important: Once you've wiped the sampling area with the alcohol swab, you shouldn't touch anything else with that finger until you're all done.

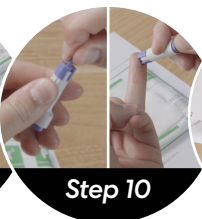
- Twist and pull the thin part of the safety cap off the **lancet** 🔪 then press the tip of the lancet to the chosen spot on your chosen finger. This should be near the tip of your finger and slightly off-center.
- When you're ready to fire the lancet, apply moderate to firm pressure and push the purple end button until you hear or feel a click.
- Let a small drop of blood form then wipe it away with one piece of gauze from the partially opened packet.
- Hold your finger above the first collection circle and wait until a drop of blood falls freely into the circle.


Important: You shouldn't touch your finger or the blood drop to the card. It can take a while for a blood drop to get big enough to fall on its own, so be patient. It's preferable not to squeeze or rub your finger to speed the blood flow, but if you do need to do this, make sure you don't do it too firmly because this can stop the bleeding all together and you could end up with a bruised finger.

Important: Only let one drop of blood fall into each collection circle, even if you don't think the first drop was big enough.

- Move on to the next circle and continue until there's a drop in each of the five collection circles.
- Once you have filled all five spots, or your finger has stopped bleeding, take the second piece of gauze from the partially opened packet and apply moderate pressure to the finger until bleeding stops. This usually takes somewhere between 30 seconds and a couple of minutes.

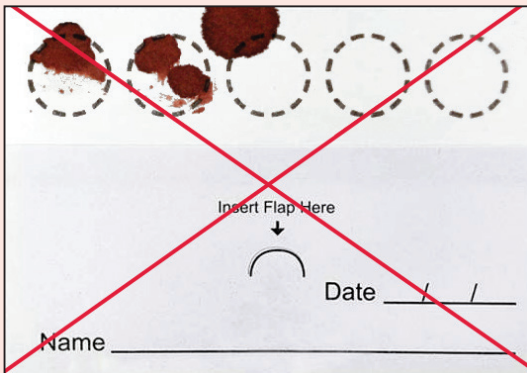
Pro tip: If your finger is taking a while to stop bleeding, you can hold your hand above your head while continuing to apply moderate pressure to the gauze.



16. Once the bleeding has stopped apply the **plaster**  you placed on the mat earlier.

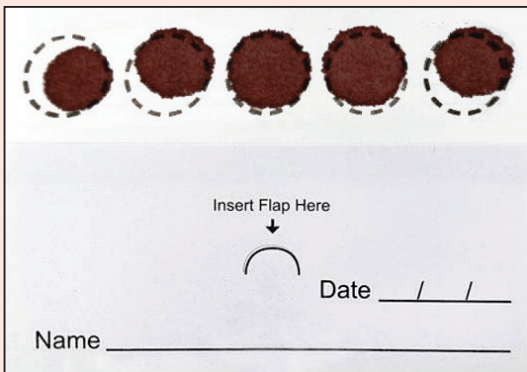
Checkpoint: if you were unable to fill all or any of the collection circles, stop and take a break. You can go back to the pro tips above for pointers on what you can do before trying again. When you're ready to start again, lay a new lancet, alcohol swab, gauze pack, and wound dressing on the materials mat and redo steps 7-11 then continue to fill any empty collection circles. If you still can't produce enough blood to fill all the circles, that's ok, we still want you to send in whatever you managed to produce.

Card samples



Incorrect

Circles not filled and very little blood inside borders.



Correct

Circles mostly filled and almost all blood inside borders.

Finishing up

17. Without closing the flap or touching any of the circles on the collection card, move it to a secure and dry place out of direct sunlight where it can dry for at least four hours.

Pro tip: You should store the card somewhere it can't be touched or disturbed. Common card touchers and movers to keep in mind when picking a spot are insects, dust, wind, kids, and pets.



Four hours later

FYI: It's completely normal for your blood to have noticeably changed colour during the drying period, so don't be alarmed if the dried spots are a lot darker than when you began drying the card.

18. Without touching the dried blood spots, close the flap on the collection card, and place it back in the small brown envelope it came in.
19. Check that the moisture packs are in the small brown envelope with the collection card before sealing.
20. Place the sealed brown envelope containing the collection card and moisture packs in the return addressed envelope then seal the envelope.
21. Mail the envelope back to us by regular post as soon as possible!



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Tidying up

- All kit contents can be disposed of in your household rubbish, except the two lancets.
- Both lancets – whether used or not – should be placed in the medicine jars provided and the caps screwed on tightly.
- The lancets should then be disposed of in a sharps container, or taken to one of the locations listed at SPOTS.org.nz/sharps

FYI: all needle exchanges and most pharmacies will accept your used and discarded lancets. If you're unsure whether your local pharmacy does accept sharps for disposal, you can check using the link on our website before heading in to drop yours off. When you do take your lancets in for disposal, there is no need to take them out of the medicine jars, you can simply hand over both sealed jars and the person receiving them will discard of them properly.

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Partners

