



CIT Instructions: Fingerstick Collection, Shipping and Reporting

CIT Test Instructions

1	Wash hands. Continue to run hand under warm/hot water and massage to create blood flow. Make sure you are hydrated; drink water 10-20 minutes prior to sample collection.	
2	Clean the site with the provided alcohol swab and allow to air dry. Twist off the blue tip of a lancet	
3	Use the side of the fingertip on either the middle or ring finger. Do not use the center pad of the finger - it is the most sensitive area. Position the lancet provided over the sterilized area and press firmly against your fingertip.	
4	Remove the first drop of blood with the alcohol pad. Gently massage your hand moving towards the puncture site to create blood droplets.	
5	Allow 4-7 large free-falling blood drops to land on the top left square on the card. Do NOT touch your finger directly on the square. Place an additional 4-7 drops of blood on the lower left square by repeating the same steps above using a new lancet if needed.	
6	Label the collection card with name, DOB and date of collection. Wait 1 hour until the blood has dried completely on the card before placing it inside the sample return bag, place the sample return bag inside the provided clear plastic bag. Place the clear plastic bag and requisition form inside the mailer and seal closed.	
7	Ship the sample and completed requisition form in the provided return packaging. (Shipping pak with prepaid label or pre-stamped envelope) to: KBMO Diagnostics 4 Business Way Hopedale, MA 01747	
8	KBMO Diagnostics will analyze the sample and send the report to the provider in 7 to 10 business days <i>after the receipt</i> of the sample.	

PLEASE NOTE FASTING FOR 8 HOURS IS REQUIRED

For general support/ questions please contact the lab:

Phone: 617-933-8130

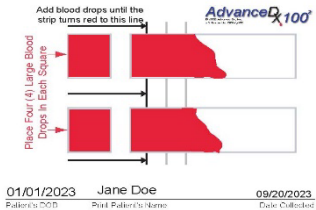
Email: Info@KBMODiagnostics.com

Website: www.KBMODiagnostics.com

Acceptable Blood Spots Vs. Unacceptable Blood Spots

Instructions:

Acceptable Sample: Below is an example of the blood spots required for using this test. Once completed, your blood spots should match as closely as possible to the image below.

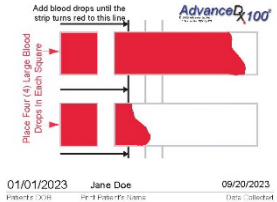


Unacceptable Sample: Below is an example of an unacceptable blood spot card. A sample that looks like this would be rejected, and a new sample would need to be sent in.

Too much blood



Not enough blood



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