

# Vitamin D Testing Instructions

Please follow collection instructions given on the reverse side of this card. After you have collected your blood spot samples, please fill out the Test Requisition including date and time of collection, vitamin D usage and personal information. Return your Blood Spot Card and Test Requisition form to ZRT Laboratory.

Contents of Vitamin D Test Kit:

- Test Requisition
- Alcohol Prep Pad
- Return packaging
- Lancets
- Sterile Gauze Pad
- Blood Spot Card
- Adhesive Bandage

Place the test requisition and blood spot card in the return packaging, affix the pre-paid label or postage if required and return using the appropriate carrier. Results are typically available 3-5 days from the date ZRT receives your sample.

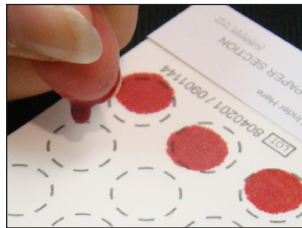
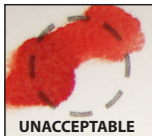
We recommend you view our quick video on how to best collect a sample available at [www.bloodspotvideo.com](http://www.bloodspotvideo.com) or [www.zrtlab.com](http://www.zrtlab.com).



1. Wash and dry hands with clean towel.
2. Tape the filter card flat as shown (below waist level) with flap hanging down and away from the collection filter strip (note: back of flap should not be touching blood filter collection strip).
3. Open the alcohol prep pad and sterile gauze and place them next to the taped filter card.
4. Select finger to draw blood from (middle or ring finger of non dominant hand is best).
5. Wipe finger with alcohol prep pad & allow drying for 15-30 seconds.
6. Pick up lancet, twist off cap, and press small white section firmly



7. Quickly wipe away the first blood drop with the sterile gauze pad.
8. Position nicked finger over circle of blood spot card and gently (don't squeeze) milk blood from the finger.
9. As blood drop forms and is ready to fall, touch it to the center of the circle (one drop per circle); at least two usable drops (up to 12) must be collected.



10. When finished, blot with gauze then apply bandage to finger.
11. Leave blood spot card open to dry - minimum 30 minutes.
12. Once blood sample is dry, close flap and place in the plastic box.
13. Print name and collection date on the blood spot card.
14. Place blood spot card and completed requisition in the return packaging, affix the prepaid label or postage if required.
15. Return using the appropriate carrier.