At Home Blood Collection for Amino Acid Monitoring

BC CHILDREN'S HOSPITAL
An agency of the Provincial
Health Services Authority

Your child needs close monitoring of their amino acid levels. To do this monitoring, you will need to collect a blood sample from your child at home and apply blood drops onto a Blood Dot Card. You will take the Blood Dot Card to your local lab for shipment to the Newborn Screening Program Laboratory at B.C.'s Children's Hospital. Here the blood sample is tested and reported to your Biochemical disease doctor and dietitian. Your dietitian will report the result to you.

1. Collect equipment. You will need the following to do a blood dot test on your baby or child.

- Newborn Screening Blood Dot Card – see diagram.

  Note: *Do not use past the expiry date, or if soiled or wet. Throw out and reorder.*

- 3 Patient Information Labels - One label per copy of the Blood Dot Card OR hand label with a ball point pen.

- Mailing Envelope label –OR hand label.

- Choose the right type of Blood Collection Lancet for your child's age - see picture.

- Clean soft tissues.

- Clean wash cloth with mild soap for cleaning.

- Clean wash cloth warmed with water and squeezed out for warming.

- Plastic wrap or bag – optional.

- Clean towel.

- Band aid-optional.

Assemble equipment on clean towel.
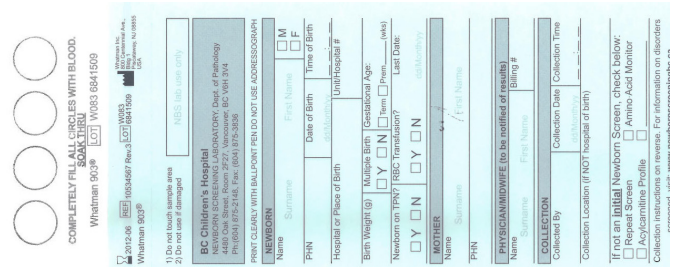
PURPLE
Max Blood Flow
Blade depth x width
1.6 mm x 1.5 mm
Neonate/Infant Heel
For weights > 1.5 kg

PINK
Medium flow
Blade depth x width
1.2 mm x 1.5 mm
Infant/ Child Finger Puncture
> 6 months & > 5Kg.

2. Label blood dot cards.

If you are using labels:

Attach a label to each of the three copies of the blood dot card.

If hand-labeling:

Fill in your child's full name, gender, date of birth, B.C. care-card number and BCCH number on the Blood Dot Label.

- The card must say Monitor Card for Amino Acid or check "Amino Acid Monitor" box.

- Fill in the date and time once the sample is collected.

- Ensure the information shown on the diagram is included.

Blood Dot Label

Doe, NBM   M
DOB: 21 Oct 2009
PHN: 123456789
CH: 1234567

Blood Dot Monitor: Amino Acid
Date: April 30/09 Time: 8:00am

3. Label the mailing envelope.

If you are using labels:

Attach a label to the mailing envelope.

If hand-labeling:

All information shown on the diagram of the Mailing Label is included on your envelope

4. Select puncture site for your child.

Newborn Heel Skin Puncture
less than 6 months of age or less than
5 kilograms (3.3 pounds)

- Side surface of the heel, free of scars, cuts, bruises or rashes.
- Avoid previous puncture sites.
- Shaded or line-filled areas are the safe areas to do a heel puncture.
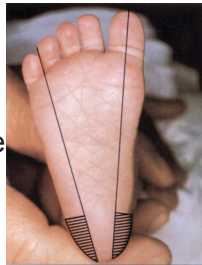
Infant or Child's Finger Puncture
greater than 6 months of age & more than
5 kilograms (11 pounds).

- Use a regular rotation pattern of the fingertips.
- Change sides of fingers labeled 2, 3 and 4, frequently.
- Puncture the side of the finger tip away from nail bed.

Note: Do not use fingers 1 or 5.

5. Prepare to collect the blood sample.

- Wash hands.

  Use warm water and scrub hands with soap for at least 20 seconds. Dry hands. Turn taps with a towel.

- Clean the selected site with soap and warm water.

  With a gentle circular motion , wash the selected collection site for 20 sec. Rinse and dry.

- Warm puncture site. ***Caution: Do not scald with hot water! Keep plastic wrap away from your baby or child.**

  With a soft cloth moistened with warm water (up to 42° C).

  Warm, damp cloth can be placed in plastic wrap or bag to retain the heat.

  Wrap the entire hand or foot for 2-3 minutes.

## 6. Perform the finger or heel puncture.

- Twist and pull off protective tab from the lancet & throw away.
- Hold hand or foot securely. Pull skin tight at puncture site.
- Securely position lancet across the fingertip or heel.
- Press button on lancet with forefinger to make the puncture & throw away.
- Wipe away the first drop of blood with a tissue and allow another drop to form.
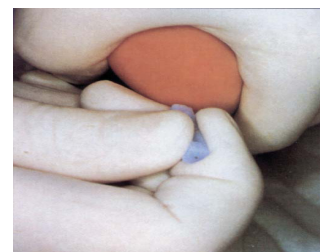
7. Collect the sample and apply the blood dot card.

- Gently apply filter paper to large drop of blood.

- Allow blood spots to soak through and completely fill printed circle.

- You need to completely fill two dots for PKU monitoring.
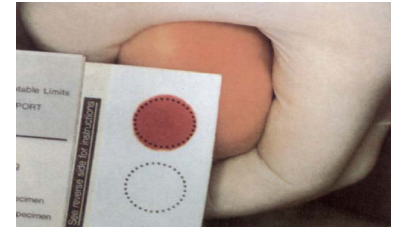
*Note: Fill back to front of filter paper as in the diagram.
Review reverse of blood dot card for additional information.*

8. Apply pressure over the puncture site with a tissue until bleeding has stopped. Apply Bandaid*.

*Note: * Ensure the bandaid cannot be peeled off by your baby. Remove the bandaid as soon as possible.*

9. Dry blood dot card horizontally on a clean, dry rack or jar for a minimum of 3 hours.

- Do not touch or smear the blood spots. Write date and time of collection on the blood dot card.

Note: Do not put the blood dot card in the refrigerator. Avoid direct heat and sunlight.

10. Deliver to your local lab within 24 hours of collection.

- Ensure that the blood dot card is completely dry before placing in the labeled mailing envelope.

- Take to the nearest hospital lab or as directed by your health professional.

- Your nurse or dietitian has sent a requisition to your local hospital laboratory.

- State that you have standing bloodwork orders at the lab. Remember to bring your child's care card.

Note: Try to organize your blood dot card delivery with the courier pickup times for that lab.

11. Reorder equipment through the Special Products Distribution Center (SPDC).

You can reorder on line or by phone. Please order 2 weeks before your supply runs out.

To order contact SPDC – BC Children's Hospital
Room C106 - 4500 Oak Street
Vancouver, BC V6H 3N1
Phone: 604-875-3020
Toll free: 1-866-727-7759 (BC only)
Fax: 604-875-3205
Email: spdc@cw.bc.ca
Website: www.bcchildrens.ca/spdc

You will need:
- Blood Dot Card - Newborn Screening Laboratory BC Children's Hospital
- Heel Lancet: Neonate/Infant Heel for weights > 1.5 kg
- Finger Lancet: Infant/ Child Finger Puncture > 6 months and > 5Kg.

Any questions? Call your biochemical nurses at 604-875-2000 Local 5073 or Local 7597