

Home blood testing lets you regularly check metabolic control without coming into the clinic. If you want to test at home, a nurse from the Metabolic Clinic can teach you. Testing is done with a needle stick on the heel or big toe of young children. Older children and adults can take a blood sample from their fingers. Either way, the blood is placed on special filter paper and sent in for testing.

**Complete a three-day diet record first.**

Most blood samples must be taken after completing a three-day diet record. Mail or fax the diet record directly to:

Regional Metabolic Clinic  
3505 Broadway, 7th Floor  
Oakland, CA 94611

Fax number: (510) 752-6367

## Procedure

1. Fill out the filter pad form completely with your name, your doctor's name, and the **time and date** of the sample you are about to collect.
2. Wash hands or feet well in warm water. Dry with clean towel.
3. Select a puncture site.  
  
HELPFUL HINT: Try to use the side of the fingertip or the side of the heel or toe. These areas are less sensitive. If you have trouble getting enough blood, try the tips. The tips usually give more blood, but can be more painful.
4. Wipe the site with an alcohol pad and allow it to dry.
5. Press the opening of lancet firmly against the site and push down to release the needle.
6. Apply gentle pressure to your finger (heel or toe) without touching the puncture site.
7. Fill all 3 filter paper circles. Fill from one side of filter pad only. Make sure there is enough blood to soak through to the other side. Blood should be visible from both sides of all 3 circles.
8. Press gauze pad or clean paper towel to the site to stop bleeding. Use a Band-Aid if necessary.
9. Allow filter paper specimen to dry completely (2-3 hours).
10. Place dried filter paper specimen in the envelope provided by the Metabolic Clinic.
11. Mail to the Genetic Disease Laboratory as soon as possible.

### MATERIALS NEEDED:

- Alcohol pads
- Band-Aids
- Gauze pads
- Filter paper form
- Lancets
- Biohazard needle container (for used lancets)

## TIPS FOR SUCCESSFUL HOME TESTING

### What to do if you have trouble getting enough blood:

- Try warming hands or feet under warm water or by holding a warm object (e.g., mug of tea, heating pad, etc.). Warmth encourages blood to flow more freely.
- Massage or shake fingers while holding hands below waist level. This encourages blood to collect in the fingers.
- Try using the finger tips. Some patients do this because it lets them get enough blood with only one stick.

### How to avoid inadequate specimens:

- Allow sample to dry completely before mailing
- Make sure circles are completely filled and the blood is visible from both sides of the paper.
- Do not over-saturate the circles
- Clean skin thoroughly before testing
- Mail specimen as soon as it has dried. Specimens must be received within 2 weeks after the day of collection.

**Contact the Regional Metabolic Clinic if you need help with Home Testing  
(510) 752-7703**

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.