

# HbA1c Finger-Stick Dry Blood Spot Card Screening

## Clinical Procedure



### Supplies

- CRL Consent Form
- AdvanceDX Dry Blood Spot (DBS) Card
- CRL DBS Barcode Sheet
- AdvanceDX Blood Sample Return Bag
- BD Pink & White Lancets
- Sharps Containers
- Biohazard Bags
- Gauze
- Alcohol Swabs
- Bandages (Band-Aids)
- Gloves
- Placemats
- Sanitizing Wipes
- Hand Sanitizer
- CRL FedEx Oversize Clinical Pak
- CRL FedEx Overnight Label

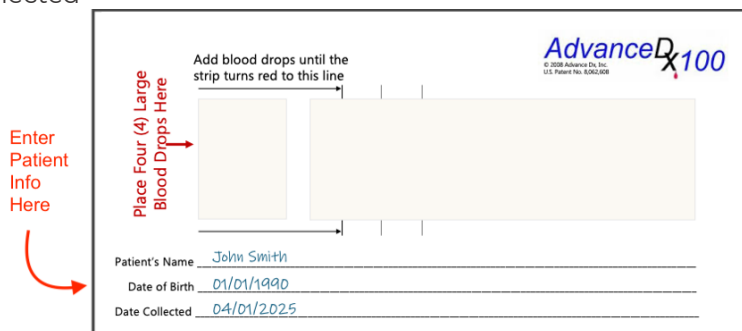
### Definition & Purpose

Hemoglobin A1c (HbA1c) measures average levels of blood sugar over the past two to three months and can be used to help diagnosis pre-diabetes and diabetes. The sugar/glucose that the body doesn't store or use for energy stays in the blood and attaches to red blood cells. This test measures the amount of sugar/glucose attached to the red blood cells.

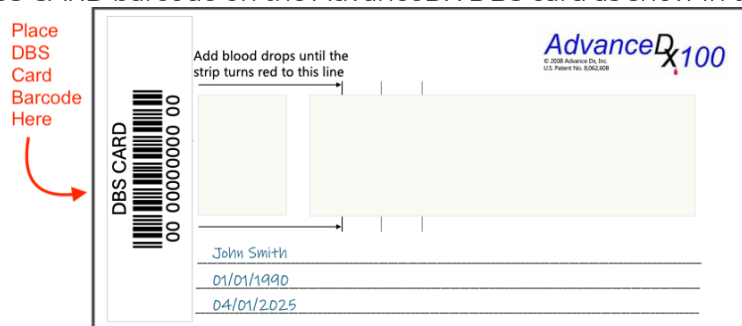
### Measurement

Always wear two gloves, one on each hand, when collecting blood samples. Wear new gloves for each participant and sanitize hands in between participants.

1. Collect the completed paper CRL consent form from the participant.
2. Fill in the fields on the AdvanceDX dry blood spot card:
  - a. Patient's Name
  - b. Date of Birth
  - c. Date Collected

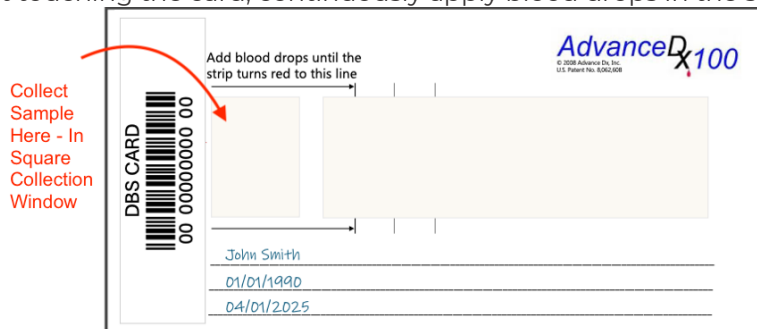


3. From the CRL DBS barcode sheet:
  - a. Place one "extra" barcode on the consent form, in the upper right-hand corner, in the box labeled "Place barcode from lab kit here"
  - b. Place DBS CARD barcode on the AdvanceDX DBS card as show in the image below.



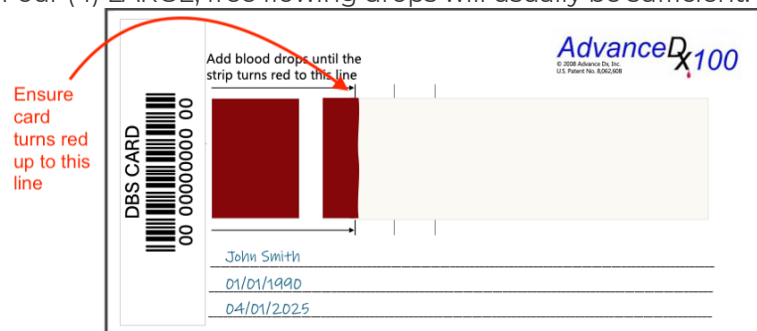
4. Ask the participant which hand and finger they would like to use. The sample should be collected from one of the center fingers.

- a. TotalWellness does not require participants to use a specific finger.
- b. If you are also completing a finger-stick cholesterol & glucose test you can prick the finger and complete all test using the same finger-prick.
  - i. Tests can be completed in any order.
5. Kindly remind the participant to face forward, both feet on the floor, and relax.
6. Choose a spot on the side of one of the center fingers. The fingers should be warm to the touch, if they are not:
  - a. Gently massage the finger from the base to the tip several times to bring the blood to the fingertip or ask the participant to run their hands under warm water.
7. Clean the site with an alcohol swab. Dry thoroughly with a gauze pad before pricking the finger.
8. Firmly prick the side of the fingertip with the BD pink & white lancet. Dispose of lancet in provided biohazard container.
  - a. It is important to utilize the BD pink & white lancet because it is a larger gauge than our standard lancet and is better for dry blood spot sample collection.
9. Squeeze the entire finger gently to obtain a large drop of blood.
10. Without touching the card, continuously apply blood drops in the square collection window.



a.

11. Allow the blood to drop on the card.
  - a. DO NOT stop and wait between drops.
12. Collect blood until the strip turns red up to the first line in the rectangular migration window.
  - a. Four (4) LARGE, free flowing drops will usually be sufficient.



b.

13. Wipe off any excess blood from the finger and have the patient apply pressure to the puncture until the bleeding stops. Apply a bandage (Band-Aid).
14. Complete the bottom "Examiner" section of the CRL consent form.
15. If utilizing iPad onsite data collection, enter the DBS barcode into the barcode field on the iPad.
16. Inform the participant that they'll receive a text when their results are ready to be viewed, within 1-2 weeks of the event. Results will also be uploaded into their portal.
17. Place the AdvanceDX DBS card on a placemat. Allow the blood to migrate and dry on the card (30 minutes).
18. After the sample is dry, tear open the Blood Sample Return Bag.
19. Insert the AdvanceDX DBS card into the Blood Sample Return Bag and seal.
  - a. DO NOT remove the silica gel packet.
20. Place all consent forms and sealed Blood Sample Return Bags into the FedEx Oversize Clinical Pak.
21. Adhere the CRL FedEx Overnight label to the FedEx Oversize Clinical Pak.
22. The event lead will drop off the samples at a staffed FedEx facility immediately after the event.