

# NEWBORN SCREENING

## Dried Blood Spot Specimen Collection Checklist

### GATHER SPECIMEN COLLECTION ITEMS

Gloves / Alcohol Pad / Newborn Lancet / Heel Warmer/ Sterile Gauze Pad / Newborn Screening Card\*

**\*Do not use the newborn screening card if it is expired**

### COMPLETE DEMOGRAPHIC INFORMATION

- Confirm the newborn's identity
  - Pre-fill data completely and accurately
  - Verify specimen collection time (24-48 hours after first feeding or prior to infant's discharge (if discharged before 24 hours of age))\*
- \*Review NBS Policy and Procedure Manual for Screening Considerations for Special Populations**

### PREPARE FOR SPECIMEN COLLECTION

- Wash hands and wear gloves.
- Expose filter paper; avoid touching the preprinted circles.
- Swaddle the infant, leaving one leg out, warm the newborn's heel.
- Position the newborn with feet lower than the heart.
- Clean the puncture site with an alcohol wipe; allow the skin to air dry.

### COLLECT SPECIMEN

- Use a sterile, single-use, retractable lancet to make an incision on the heel.
- Puncture heel (term newborns <2.0mm or <0.85mm for preterm and LBW term newborns)
- Wipe away the first drop of blood with sterile gauze.
- Allow a large drop of blood to form. Do not "milk" or squeeze the puncture site.
- Lightly touch the filter paper to the blood drop, allowing to soak through completely.
- Fill all the pre-printed circle areas on one side of the card only.

### PERFORM QUALITY CHECK

- Ensure demographic data are complete and accurate.
- Make sure the optimal quantity of blood is evenly applied to the 6 spots.
- Confirm that collection timing was appropriate and that all dates are accurate.

### DRY AND SHIP

- Allow the dried blood spot specimen to air-dry for at least 3 hours on a flat surface, away from direct heat and sunlight.
- Ship the newborn screening card to the Georgia Public Health Laboratory within 24 hours of collection.

Where to puncture heel

