



Steps in Collecting a Guthrie Sample

1. Fill out filter paper with your name, birthdate and draw date.
2. Warm finger or hand.
3. Wipe skin with alcohol swab.
4. Use lancet for the “poke”.
5. Fill 2 circles with blood.
6. Allow filter paper to air dry.
7. Put filter paper in the envelope.
8. Mail sample to lab.



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