

DBS (Dried Blood Spot) Packaging Checklist

Before mailing the DBS cards must:

- Be dried at least 3 hours
- Be labelled with patient name & 2 patient identifiers (PHN, Birthdate, and/or date of screening)
- Matched to the lab requisition (choose which labs)

Packing:

- Place the dried DBS cards in the mini manila envelopes
- Place 5 envelopes per supplied special Bitran plastic bag (up to 10 in a bag)
- Insert 1 humidity scale card per plastic bag
- Insert 1 desiccant packet per plastic bag
- Add the lab requisitions to a large mailing envelope with the sample bags

Mail to:

ProvLab Calgary
Attn: Kevin Fonseca
3030 Hospital Dr. NW
Calgary, AB T2N 4W4

FYI:

DBS cards are non-infectious once dried and do not require special consideration in the mail
You can store the cards **up to** one week at room temperature once packaged
Store in a fridge at 4C or lower if you need to store it more than one week (note this in shipment if applicable)