

# DRIED BLOOD SPOT SAMPLE COLLECTION PROCESS

The athlete selects a Tasso kit and an InnoVero Dried Blood Spot (DBS) security kit. The athlete opens both kits, then removes:

- Tasso M20 device
- Security kit
- Security seal
- Disinfecting alcohol wipe
- Bandage
- Protection bag (foil bag)

1



The athlete washes their hands and warms the upper arm area that will be used for the DBS draw. Vigorously rubbing the arm increases blood flow to the area, which helps blood collection.

Next, the athlete cleans their skin with an alcohol wipe at the puncture site.

2

After removing the protective coverings from the Tasso M20, the athlete applies the device to the arm.

The adhesive around the base of the device will create a secure seal on the skin. The four collection pods will hang down.

3



To begin blood collection, the athlete presses and holds the red button on the device for two seconds, until there is a click. They will feel a small prick from the puncture.

The collection pods will turn red as the blood collects and all four pods must be filled. The device must be on for at least 1 minute, and 10 minutes at most. On average, the process takes 3 to 5 minutes.

4



When all four pods are filled, the doping control officer (DCO) asks the athlete to remove the device. The athlete gently peels the device up and away from their arm and places it on the table.

The athlete cleans the puncture site with an alcohol swab and covers it with a bandage.

5



To seal the sample, the athlete opens the InnoVero DBS security kit, keeping the piece of black foam at the top. The plastic cartridge that houses the four collection pods is placed in the grooved upper compartment. With a finger on top of the cartridge, the athlete pushes down on the device with their other hand to remove the cartridge. The athlete moves the cartridge to the lower compartment of the case.

6



The athlete peels off the clear film on the cartridge and removes the black foam, allowing the lid to close tightly, with a click.

The athlete applies the security seal sticker over the case, covering the seams below the A/B label.

7



Finally, the athlete puts the sealed security case and the used Tasso device in the foil bag. Then, they place the foil bag back in the kit box and seal it for shipping.

The DCO and athlete complete the required paperwork.

8

