



COLLECTION 4

Follicular - Luteal Blood Spot Cards

Thank you for your participation!

Thank you for your contribution of time, energy, and specimens to the Nurses' Health Study 3!

For this collection, we are requesting dried blood spots timed to the follicular (**days 3, 4 or 5**) and luteal phases (**days 20, 21, or 22**) of your menstrual cycle. By collecting samples during both phases of the menstrual cycle, you will help us develop a fuller understanding of how fluctuating hormones levels influence long term health.

QUESTIONS:

If at any point you have questions about how to schedule or collect your samples, please contact us! Our staff can be reached Monday through Friday, EST 8:00A.M. - 5:00P.M.

Email: NHS3specimens@partners.org

Phone: [617-432-7078](tel:617-432-7078)

Website: <http://www.nhs3.org/collection2>

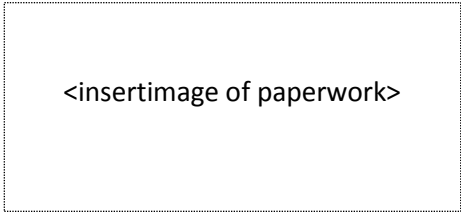
If we are unable to answer your call please leave a voicemail. We make every effort to respond to urgent calls within the same business day.

COLLECTION KIT CONTENTS

To ensure your confidentiality during this collection, we have assigned you an alias ID that is different from your actual NHS3 ID number. **Please confirm that the NHS alias ID on your blood and urine tube labels match the NHS alias on your packet envelope.** If they do not, or you are missing any of the below supplies, contact us immediately.

I. Paperwork

- Cover letter and **Collection Calendar (PINK)**
- Biospecimen Collection Instruction Form
- Follicular Paperwork Envelope
 - 2 Research Consent Forms (**BLUE** and **WHITE**)
 - 1 Health and Diet Questionnaire (**WHITE**)
 - 1 Follicular Questionnaire (**GREEN**)
- Luteal Paperwork Envelope
 - 1 Luteal Questionnaire (**YELLOW**)
 - 1 Postcard (Start of next menstrual cycle)



II. Follicular Dried Blood Spot Supply Bag

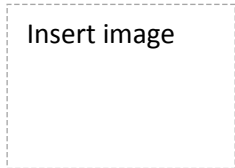
- 2 Lancets
- Desiccant pack
- 4-Blood collection cards
- 2 Alcohol wipes
- Gauze pad
- 2 Band Aids
- Plastic zip bag containing above supplies, to be reused for mailing back cards



**FOLLICULAR
BLOOD SUPPLIES**

III. Luteal Dried Blood Spot Supply Bag

- 2 Lancets
- Desiccant pack
- 4 Blood collection cards
- 2 Alcohol wipes
- Gauze pad
- 2 Band Aids
- Plastic zip bag containing above supplies, to be reused for mailing back cards



**LUTEAL
BLOOD SUPPLIES**

IV. Lancet Disposal Materials

- Rigid plastic container for lancet disposal
- Amber colored bag for sealing lancet disposal container



V. Shipping Supplies

- Rigid mailer
- 1 – Tyvek envelope

SPECIMEN COLLECTION OVERVIEW & CHECKLIST



Before the follicular collection	<ol style="list-style-type: none"> 1) Review and sign the BLUE Research Consent Form. <input type="checkbox"/> 2) Use the Collection Calendar to track your menstrual cycle for at least ONE month and schedule your collection <input type="checkbox"/> 3) Make the appointments for both collection days (FOLLICULAR and LUTEAL). <input type="checkbox"/> 4) Complete the white Health and Diet Questionnaire. <input type="checkbox"/>
FOLLICULAR COLLECTION DAY	<ol style="list-style-type: none"> 5) Plan to collect your fasting follicular spot blood sample in the early morning. <input type="checkbox"/> 6) Prepare by cleaning hands and massaging a selected finger. <input type="checkbox"/> 7) Prick your finger and collect a blood spot. <input type="checkbox"/> 8) Repeat collection on a second finger. <input type="checkbox"/> 9) Dry blood spot cards <input type="checkbox"/> 10) Complete the green Follicular Collection Questionnaire. <input type="checkbox"/>
LUTEAL COLLECTION DAY	<ol style="list-style-type: none"> 11) Plan to collect your fasting follicular spot blood sample in the early morning. <input type="checkbox"/> 12) Prepare by cleaning hands and massaging a selected finger. <input type="checkbox"/> 13) Prick your finger and collect a blood spot. <input type="checkbox"/> 14) Repeat collection on a second finger. <input type="checkbox"/> 15) Dry blood spot cards <input type="checkbox"/> 16) Complete the yellow Luteal Collection Questionnaire. <input type="checkbox"/> 17) Mail in Postcard with the Day 1 of next menstrual cycle. <input type="checkbox"/>

1) REVIEW & SIGN THE BLUE RESEARCH CONSENT FORM

Please confirm your willingness to participate in this study by reviewing and signing the Research Consent Form. We have provided a **BLUE** and a **WHITE** copy of the **Research Consent Form**. It is essential that you sign and date the consent statement at the end of the BLUE form and return the entire form with your samples. The WHITE copy is for your records.

2) SCHEDULE YOUR COLLECTIONS

Use the included **Collection Calendar(PINK)** to mark the days on which you can collect your samples. If you have any questions about how to schedule your collection please contact us directly at NHS3specimens@partners.org or 617-432-7078.



3) COMPLETE THE HEALTH AND DIET QUESTIONNAIRE (WHITE)

Please verify the NHS3 alias ID on your questionnaire matches the ID on your kit and complete this general questionnaire prior to collecting your follicular samples.

4) PLAN TO FAST FOR BLOOD COLLECTION

Plan to collect your blood in the morning before you have eaten (you may drink water). Lay out the collection supplies in front of you on a tabletop or counter. For this collection you will be collecting drops of blood on spot cards.

To begin, ensure that you have the follicular supplies:

- lancets
- blood spot collection cards
- alcohol wipes
- gauze pad
- band aids

If you would like to see a short video describing the procedure go to: www.nhs3.org/bloodspots



5) PREPARE BY CLEANING YOUR HANDS AND MASSAGE YOUR FINGER

- Choose a finger from either hand. We recommend NOT using your index finger.
- Wash and dry hands thoroughly.
- Massage the finger to allow blood to come to the surface, holding the hand below waist level for 30 seconds.
- Use an alcohol wipe to clean finger. Let the alcohol dry completely.

6) PRICK YOUR FINGER AND COLLECT A BLOOD SPOT

- Place the hand palm side up on a flat surface.
- Remove the safety cap from lancet (turn and withdraw gently - do not snap off). The blade is in a safe position inside, and will puncture and automatically retract when used.
- Position the lancet on your finger at the 3 o'clock or 9 o'clock position of your fingerprint and press down firmly.
- The blade will puncture the skin and automatically retract. Put aside the lancet.
- Holding hand downward, gently milk finger from palm to fingertip to produce blood.
- Apply gentle pressure to the finger and allow a large drop of free flowing blood to collect at the puncture site.
- Gently touch the accumulated drop of blood on one spot on the card and allow a sufficient quantity of blood to soak through and completely fill or saturate a circle.
- Repeat for each of the other spots or until you have collected enough blood to fill at least 3 circles on the blood collection card. Filling all circles is best if possible.

Acceptable Specimen



Insufficient Specimen



Tips for making the blood spots:

- DO NOT press the filter paper against the puncture site, rather gently touch the blood drop to the paper.
- Apply blood to only one side of the filter paper.
- Do not apply blood more than once in the same circle. Apply drops to one circle and then move on to the next, do not go back.
- Do not squeeze the puncture site; this might result in collection of tissue fluids rather than blood.

NOTE: Three complete circles are better than four incomplete ones!

7) REPEAT STEPS 1-3 FOR A SECOND CARD

- If necessary, choose a different finger in the same or opposite hand to collect more blood drops.
- Use the included bandage to tightly wrap your finger to stop the bleeding.
- When collection is complete, place all lancets in the plastic container provided and cap it tightly.
- Put the capped plastic container with lancets inside into the amber plastic bag.
- Seal the bag and dispose of it in your trash.

8) DRY BLOOD SPOT CARDS

- Avoid touching or smearing the blood spots. Allow the cards to fully air dry horizontally (at least 3 hours) at room temperature.
- Keep away from direct sunlight.
- The cards should not be dried near an open window as sunlight, dust or insects may come in contact with the spots while they are drying. Do not heat the cards.
- Place the dried cards along with desiccant pack into the sealable plastic bag.
- Seal the bag and set store it with your kit materials until it's time collect your luteal samples.

9) COMPLETE THE FOLLICULAR QUESTIONNAIRE

Please complete the Luteal Questionnaire with information specific to your blood and urine collections.

Thank you!

We are incredibly grateful for the time and energy you have dedicated to submitting the follicular samples. In a few weeks you will begin the Luteal Collection. Please feel free to contact us if you have any questions.

Email: NHS3specimens@partners.org

Phone: 617-432-7078

Answers to **frequently asked questions** can be found online: <http://www.nhs3.org/collection2>

10) PLAN TO FAST FOR YOUR LUTEAL BLOOD COLLECTION

Plan to collect your blood in the morning before you have eaten (you may drink water). Lay out the collection supplies in front of you on a tabletop or counter. For this collection you will be collecting drops of blood on spot cards.

To begin, ensure that you have the luteal supplies:

- lancets
- blood spot collection cards
- alcohol wipes
- gauze pad
- band aids



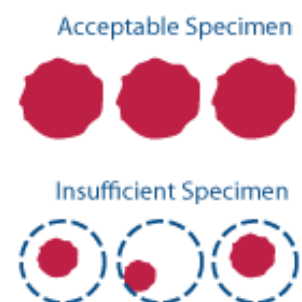
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- Use an alcohol wipe to clean finger. Let the alcohol dry completely.

12) PRICK YOUR FINGER AND COLLECT A BLOOD SPOT

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- Remove the safety cap from lancet (turn and withdraw gently - do not snap off). The blade is in a safe position inside, and will puncture and automatically retract when used.
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- Gently touch the accumulated drop of blood on one spot on the card and allow a sufficient quantity of blood to soak through and completely fill or saturate a circle.



- Repeat for each of the other spots or until you have collected enough blood to fill at least 3 circles on the blood collection card. Filling all circles is best if possible. If you are able to fill the second card from the same finger please do so. If you would like to fill the second card from a second finger, an additional lancet has been provided.

Tips for making the blood spots:

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- Place the dried cards along with desiccant pack into the sealable plastic bag.
- Seal the bag and set store it with your kit materials until it's time collect your luteal samples.

12) COMPLETE THE LUTEAL QUESTIONNAIRE

Please complete the [Luteal Questionnaire](#) with information specific to your blood and urine collections.

12) PACK KIT AND MAIL

- a) Sign and date the **BLUE Research Consent Form** if you haven't done so already.
- b) Complete the **WHITE, GREEN and YELLOW Questionnaires**.
- c) Place the **questionnaires** and the **consent form** into the Tyvek envelope and seal.
- d) Place both plastic bags with dried blood cards and Tyvek envelope in rigid mailer.
- e) Write your name and address on the blank lines of the rigid mailer.
- f) Place the mailer into a mailbox or hand to your mail carrier. There are no special requirements for shipping dried blood samples.

14) MAILIN POSTCARD

Please use the postcard to record the date on which your next menstrual cycle began following this collection. If you prefer to email this date to us, that is fine as well. Please note: this date is crucial for our research purposes.

Thank you!

We are incredibly grateful for the time and energy you have dedicated this study. Your generous participation will help to build a strong set of resources for investigating women's health issues. Please feel free to contact us if you have any questions.

Email: NHS3specimens@partners.org

Phone: [617-432-7078](tel:617-432-7078)

Answers to **frequently asked questions** can be found online: <http://www.nhs3.org/collections>