

# COLLECTION OF A DRIED BLOOD SPOT (DBS) SAMPLE

OLYMPIC WINTER GAMES BEIJING 2022

JANUARY 2022



## SELECTION OF THE BLOOD COLLECTION EQUIPMENT:

- ✓ The DCO instructs the athlete to select one of the three DBS – Dried Blood Spot kits presented to him/her and jointly confirms the integrity and safety of the equipment with the athlete.
- ✓ The DCO instructs the athlete to open the selected DBS kit, take out its content and check that all the numbers are consistent on the critical items (A/B sample collection cards, security kit, sealing bag ...)
- ✓ The DCO instructs the athlete to select one of the three blood collection kits and jointly confirms the integrity and safety of the package with the athlete.
- ✓ The athlete opens the selected blood collection kit and takes out the collection material. The DCO and the athlete jointly confirm the integrity and safety of the collection material.



## SAMPLE COLLECTION:

- ✓ The DCO assesses the most suitable location for the puncture that is unlikely to adversely affect the athlete or their sporting performance (e.g., finger of a non-dominant hand/arm). The puncture site shall be free of calluses and scars, if possible.
- ✓ The BCO shall select, if possible, the athlete's middle finger or ring finger for fingertip blood collection, unless the athlete explicitly requires the use of another finger.
- ✓ The blood collecting lancet type shall be determined by BCO according to the athlete's event, age, fingertip skin conditions and other factors.
- ✓ The DCO shall advise the athlete to warm the sampling location (especially in case the hands are cold) by washing hands with warm water, shaking hands, rubbing hands, or external heating.
- ✓ The BCO shall disinfect the outside of the last knuckle of the blood sampling finger with a sterile damp towel or a cotton swab, and then puncture with the blood collecting lancet.
- ✓ The BCO shall increase blood flow by gently pushing from the proximal to the distal portion of the finger of the athlete.
- ✓ The BCO shall wipe the first blood drop with gauze or haemostatic cotton ball.
- ✓ The BCO collects the fingertip blood and deposits it onto the collection card. The collection card A shall contain at least 2x 20 µL of blood (2 collection points on the card); card B shall contain at least 1x 20 µL of blood (1 collection point on the card).



## FOLLOW-UP CARE:

- ✓ The BCO shall place the haemostatic cotton at the puncture site and press the site for 30-60 seconds. The BCO shall then apply a dressing.

 **SAMPLE SEALING:**

- ✓ The DCO shall instruct the athletes to put the collection cards into the security kit and ensure that a desiccant is present. Once the samples are properly sealed, the athlete puts both collection cards into the dedicated bag and also seals it. The athlete and DCO shall jointly confirm that the sealing of the bag is fit for purpose.

 **COMPLETION OF THE DOPING CONTROL FORM:**

- ✓ The procedure is the same as for usual anti-doping samples such as urine or serum.

 **TRANSPORTATION OF SAMPLES AND DOCUMENTS:**

- ✓ The DBS samples shall be put into a transportation box during transportation in order to avoid extreme temperature changes.

 **ANALYSIS AT THE BEIJING WADA-ACCREDITED LABORATORY:**

- ✓ The WADA-accredited laboratory in Beijing will perform the analysis following the WADA Technical Document – TD2021DBS. The method is validated, accredited, and will detect non-threshold prohibited substances.

 **[PLEASE FIND THE ENTIRE PROCESS STEP-BY-STEP IN PICTURES BY CLICKING HERE.](#)**



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