ABCB1 test: Instruction for the capillary blood collection

Brief Instruction

1) **Print out the requirement form and order the filter cards**
   Go to the website of Labor Berlin (www.laborberlin.com) and print out the two-sided requirements form “requirement form ABCB1 genotyping” including the “declaration of consent for the genetic diagnostic” that can be found under the heading “Formulare/Download”. Filter cards for the capillary blood sample can be requested free of charge directly from Labor Berlin (e-mail: einsenderbetreuung@laborberlin.com).

2) **Filling in and signing the requirement form**
   Fill in the requirement form together with your patient. The “requirement form ABCB1 genotyping” requires the signature of the doctor. The “declaration of consent for the genetic diagnostic” requires the signature of the doctor as well as the patient.

3) **Capillary blood sample**
   The blood sample is taken via capillary blood from a finger, which is dropped on the filter paper of the test card. Please make sure that at least two panels are filled out.

4) **The Dispatch to Labor Berlin**
   Send the filter card with the filled in forms using a customary stamped envelope to the address of Labor Berlin that is displayed on the requirement form:
   Labor Berlin – Charité Vivantes GmbH | Zentrale Probenannahme
   Sylter Straße 2 | 13353 Berlin

5) **Receipt of the finding**
   You receive the result of the ABCB1 genotyping together with the individual therapy recommendations via post or fax directly from Labor Berlin. The ABCB1 test enables individual predictions about suitable medication prior to the start of the treatment. As a result the likelihood of a quick response to antidepressants is increased, unwanted side effects are decreased and unsuccessful therapy trials can be avoided.
Further information
Dried blood spots (DBS) are whole blood samples, thus the blood is applied to the sample carrier (filter paper Whatman 903 or Ahlstrom 226) without pre-treatment. DBS therefore contain the liquid (serum/plasma) as well as the cellular blood components. For a DBS a capillary or a venous blood sample can be taken. Please avoid the combination with anticoagulant additives (especially EDTA, Citrate), because they could influence the subsequent measurement. If the blood sample is taken from long-standing vessels, it has to be resuspended (= mixed) carefully beforehand.

Sampling instruction

Capillary blood collection:
Preparation: wash your hands (use warm water to stimulate the circulation) and dry them properly. Do not use creams or care products 30 minutes before the blood collection. No disinfection before the capillary blood collection. The hands must be completely dry for the sampling.
Puncture: It is best to use an automatic stitch device or an automatic disposable capillary as the puncture is less painful and by using the sharp, sanded lancets the blood flows better. There are specific stitch-and extraction devices for alternative punctures (such as the ball of the thumb, the forearm).
- Extraction points are the side of the fingertip or the earlobe.
- or the extraction “massage” the fingers from the ball of the thumbs up to the top, do no press on the fingertip.
- Let the drops at the extraction point become sufficiently big and drip them freely on the card or carefully absorb them.
- The back of the filter paper has to be soaked completely in the same area.
- Let the filter paper dry for about 30 minutes at room temperature without any additional heat exposure (the sun, a hairdryer etc.).

Venous blood collection:
Venipuncture with the usual preparation and extraction. It is best to directly drop the whole from the syringe on the filter paper without longer storage (caution: segregation). After the dripping, leave the filter paper to dry for at least 30 minutes and subsequently dispatch it.

Contact for further queries:
MVZ Labor Berlin – Charité Vivantes Services GmbH
Sylter Straße 2 | 13353 Berlin
Tel.: +49(0)30 40 50 26 500
mvz@laborberlin.com | www.laborberlin.com