



SPORT INTEGRITY
AUSTRALIA

DRIED BLOOD SPOT TESTING

Dried Blood Spot (DBS) sample collection uses a small amount of blood from a device that attaches to an athlete's upper arm (or in some cases a finger prick). The blood is collected and dried on absorbent material, then sealed securely and sent to a WADA-accredited lab for analysis. This new method differs from a normal blood sample collection, which withdraws much more blood via a needle into a vein in an athlete's arm.

! OVERVIEW

- DBS is a **quick and simple way** of collecting a blood sample
- It involves drawing **a few drops of blood from a device that attaches to an athlete's upper arm** (or in some cases a finger prick)
- The blood is **collected on absorbent material, secured into a tamper-proof container where the blood spots dry, and sent for analysis**



FACTS

- **DBS testing does not replace full blood tests or urine tests**, and it is up to the anti-doping organisation to decide which test to use
- DBS samples **do not require a Blood Collection Officer** and can be collected by a Doping Control Officer
- **A and B samples** are collected in the same device
- **Alternate collection sites** (such as the torso) can be used **for athletes with impairments**
- **Athletes do not get to choose** which kind of blood test they do and should **always comply with the testing staff**



BENEFITS

- **Less time to collect**
- **Less invasive**
- **Less painful**
- **Smaller needle**
- **Less blood** required (about 25x less)
- Unlike traditional blood collection, **does not require a long resting period** after exercise

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