

DRIED BLOOD SPOT (DBS) TESTING

What is DBS?

DBS is an innovative testing method that collects a few drops of blood from an athlete's fingertip or upper arm.

DBS is a valuable additional collection method which will be used by Sport Ireland to supplement, **but not replace**, existing urine and blood testing methods at present.

Benefits of DBS

- ✓ **Speedy sample collections:** No requirement to rest prior to providing a sample. The average DBS collection takes approximately two minutes.
- ✓ **Minimally invasive:** More comfortable, painless blood collection for a better athlete experience.
- ✓ **Volume of Blood:** Only a few drops of blood are required to complete a DBS collection.



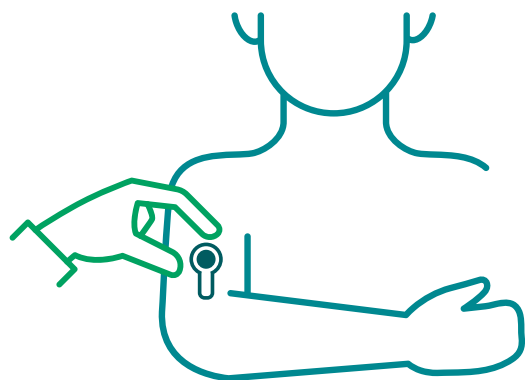
Fig. 1
Tasso M20



Fig. 2
DBS Collection



Fig. 3
Innovero
Safe System



DBS Sample Collection Process

- 1 Athlete selects sealed sample collection device and secure transport kit. (Fig. 1)
- 2 Preparation for sample collection including warming and cleaning of the collection site.
- 3 Application of device on upper arm or fingertip by a trained Doping Control Officer (DCO). (Fig. 2)
- 4 Device remains in place until spots within the TASSO device are filled and blood collection is complete.
- 5 Removal of device from arm by the DCO.
- 6 Transfer of sample to security kit by the DCO for athlete to seal. (Fig. 3)

If athletes have any feedback to share during the sample collection process, please ensure to communicate this to the Doping Control Officer.

For educational and informational purposes only. If you require further information please contact us at cleansporteducation@sportireland.ie