

# DRIED BLOOD SPOT (DBS) TESTING

It is important that Athletes and Athlete Support Personnel understand the basics of DBS: Please read this fact sheet to prepare yourself for this new sample collection method

## What is DBS?

DBS is an innovative testing method that collects just 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 remain seated, or rested, 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 small drops are required to complete a DBS collection.





Tasso M20



DBS Collection



Innovero  
Safe System

## DBS Sample Collection Process

- 1 Athlete selects sealed sample collection device and secure transport kit.
- 2 Preparation for sample collection including warming and cleaning of the collection site.
- 3 Application of device on upper arm by a trained Doping Control Officer (DCO).
- 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.

If athletes have any feedback to share on the sample collection process, please ensure to communicate this to the DCO.

