

Frequently Asked Questions About Collecting and Shipping your Blood Samples

Try as we might to keep all of our instructions updated and accurate, we have had to adapt several details of the protocol as we learn the ins and outs of working with FedEx and the different experiences people have while collecting their samples. So we may know things now that we did not when your kits were sent. We are still more than happy to take your questions by email, phone or zoom, but wanted to offer this resource as well in case we are not immediately available to answer.

1) My box seems to be missing something.

Sorry about that! We would be happy to provide anything we might have missed while packing your kit.

2) Can someone else help me collect the sample?

Yes absolutely. If there is someone available to hold your hand, make the puncture, hold the tube, or otherwise encourage you, that is welcome.

3) I couldn't collect enough blood.

Many folks are having difficulty collecting their blood sample—that is normal. It may be the result of lower blood pressure or a strong clotting response. It is ok if this step doesn't work out, you can still make a valuable contribution to the study by completing the questionnaires.

If you were able to collect some blood, but you are unsure if it is enough, you can email us a picture. We can help you determine if you should send it back to us, even if it's below the recommended amount.

If you were unable to collect any blood using the materials we provided, but would like to try again, we are happy to send you another set of materials. You can email us at meditation.research.ucdavis@gmail.com to let us know what exactly you need.

4) My box doesn't fit in the collection box.

We have had different versions of packaging. If you received a larger box, these may not fit in all collection boxes, and it may be more convenient for you if we arrange a FedEx pick up. We are happy to help with that. Please call Cliff at 415-307-9757.