



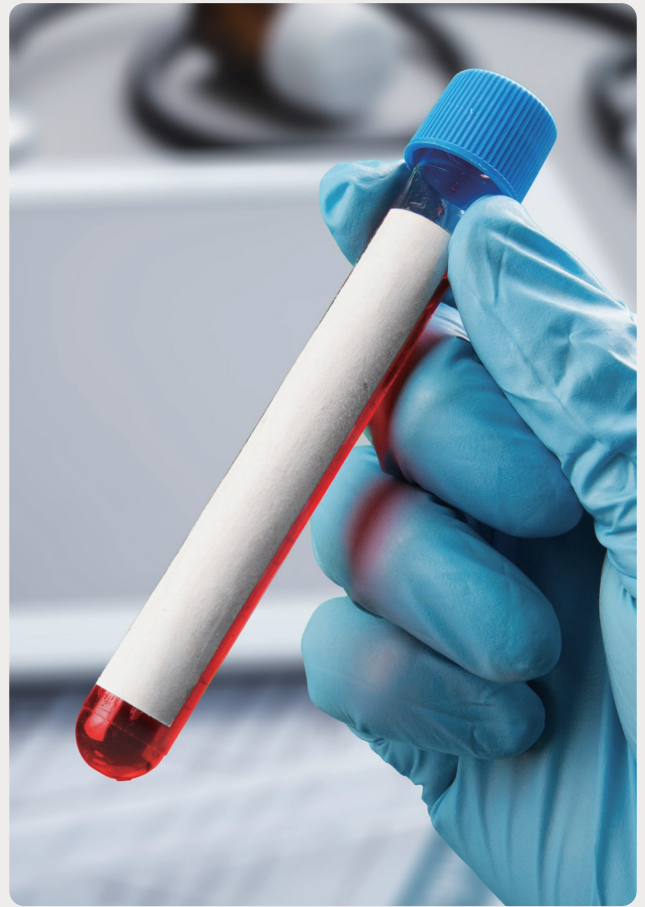
# BLOOD TESTING & VENOUS BLOOD SAMPLE COLLECTION



When an Athlete is selected for testing, they may be required to provide a urine sample, a blood sample, or both. Blood testing, complementary to urine testing, allows for improved detection of prohibited substances/prohibited methods which may not be detected in urine such as blood transfusion, growth hormone, insulin and CERA.

## ATHLETE BIOLOGICAL PASSPORT

Blood testing also allows for the building of "Athlete Biological Passport" (ABP), a longitudinal data collection which monitors certain biological markers over time to detect the use of performance enhancing substances and/or methods.



## BLOOD COLLECTION OFFICER

When an Athlete is selected to provide a blood sample, a Blood Collection Officer (BCO) is to accompany the Doping Control Officer (DCO) throughout the blood collection session. A BCO is qualified phlebotomist who performs the blood collection, while the DCO oversees the whole procedure.

## VENOUS BLOOD SAMPLE COLLECTION

**1 Rest**  
The Athlete is required to remain in a seated position for a minimum of 10 minutes before providing a blood sample.

If the blood sample is to be collected after training or competition, the Athlete may have to wait for 30 minutes to 2 hours before the sample collection can take place.

**2 Selection of Kits**  
The Athlete selects a Blood Sample Collection Kit and a Sample Transport Kit. The Athlete is given at least 3 sets of each to choose from.

**3 Blood Collection**  
The BCO applies a tourniquet around the Athlete's upper arm (if necessary) and clean the skin. The BCO then draws sufficient blood (around 6 to 10 ml) from a superficial vein to fill either one or two tubes.

**4 Sealing the Sample**  
The Athlete places the tubes into the A and B containers of the Sample Transport Kit and seal them.

**5 Completing and Signing on the Doping Control Form**  
The Athlete should provide information on any blood transfusion within the previous 3 months and any medication and supplement used in the past 7 days. The DCO then completes the Doping Control Form and verifies the information with the Athlete.

**6 Transportation of Samples**  
The blood samples are sent to a WADA-accredited laboratory for analysis through a secure chain of custody.

## POINTS TO NOTE

- If Athlete has a fear of needles and blood, they should express their concern to the BCO and the DCO directly. They are trained professionals who can guide the Athlete through the procedures to make the sampling procedures as easy and painless as possible. The Athlete is also recommended to bring a representative to assist them.
- After the blood sample collection, Athlete should use a cotton (or gauze pad) to press firmly on the puncture site for 2 to 3 minutes.
- In order to minimize any potential bruising, Athlete is advised not to undertake any strenuous exercise with the arm for at least 30 minutes.
- ⚠ Both urine and blood samples may be collected in the same doping control session.

⚠ Evading, refusing or failing to submit to any kind of sample collection by an Athlete is a violation of the Anti-Doping Rules.

Disclaimer:  
This pamphlet is published for reference purpose only, and is not intended to give any legal/medical advice by ADOHK who shall disclaim any liability arising therefrom. Relevant individuals are recommended to refer to the Anti-Doping Rules of ADOHK, and seek for professional/legal advice on important decisions.



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