



PFAS 537.1 Sampling Instructions



Perfluoroalkyl and Polyfluoroalkyl Compounds (PFAS) Collection Instructions

PRIOR TO COLLECTING THE SAMPLE -- Avoid wearing any: cosmetics, moisturizers, sun blocks, insect repellants, fragrances, creams, or other personal care products (including hair products). In addition, try to avoid coming into contact with these items before sampling: pre-packaged food, fast food, aluminum foil, brand new clothing, fabric softeners, anti-static sheets, waterproof clothing, waterproof markers, adhesive paper products, sealable bags (other than those provided), and any gasoline or other fuel. When collecting the sample try to not wash out the preservative powder.

In addition to the sampling supplies provided, you will need to include loose ice when shipping back samples.

NOTE: Keep the bottles in their bags until just before you are ready to collect the samples. The **FRB BAG** should contain: one full **PFAS 1 Lab Water FRB** bottle and one empty **PFAS 2 FRB** bottle. The **PFAS BAG** should contain: one empty **PFAS 3** bottle and one empty **PFAS 4** bottle.



1. Let the water run from the **cold tap** for at least 10 minutes before starting the next step. Put on powder-free nitrile gloves.
2. From the **FRB BAG**, remove the bottle labeled **PFAS 1 Lab Water FRB** and the bottle labeled **PFAS 2 FRB**.
3. Remove the caps from the bottles, hold the caps by their outside edges to avoid touching the inside of the cap, and place them face up on a clean surface.
4. Slowly pour **all** of the water from the bottle labeled **PFAS 1 Lab Water FRB** into the bottle labeled **PFAS 2 FRB** and avoid spilling any of the water.
5. Secure the caps on the bottles and then place the bottles in the **FRB BAG**. Seal the bag and place it back into the original foam cooler.
6. From the **PFAS BAG**, remove the bottle labeled **PFAS 3**.
7. Remove the cap from the bottle, hold the cap by its outside edge to avoid touching the inside of the cap, and place it face up on a clean surface.
8. From the faucet, slowly fill to the neck of the bottle. Do not overfill the bottle as this will wash out the preservative.
9. Secure the cap back on the bottle. **Do not shake** but gently turn the bottle upside down at least three times to help dissolve the preservative. Then, put the bottle in the **PFAS BAG**.
10. From the **PFAS BAG**, remove the bottle labeled **PFAS 4**.
11. Remove the cap from the bottle, hold the cap by its outside edge to avoid touching the inside of the cap, and place it face up on a clean surface.





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12. From the faucet, slowly fill to the neck of the bottle. Do not overfill the bottle as this will wash out the preservative.
13. Secure the cap back on the bottle. **Do not shake** but gently turn the bottle upside down at least three times to help dissolve the preservative. Then, put the bottle in the **PFAS BAG**.
14. Seal the **PFAS BAG** and place it into a cooler.
15. To keep the samples cold during shipping, fill the **TWO LOOSE ICE BAGS**, seal, and then put into a cooler.



If you only have ice packs available, please enclose and seal them inside the two bags labeled for loose ice.

NOTE: The **FRB BAG** should now contain: one empty **PFAS 1 Lab Water FRB** bottle and one full **PFAS 2 FRB** bottle. The **PFAS BAG** should contain: one full **PFAS 3** bottle and one full **PFAS 4** bottle.

Questions

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