

PFAS Test Kit



Sample bottles

Field Blank bottles

Private Well Water PFAS Test Kit Instructions

- **This kit will test for: Per- and polyfluoroalkyl substances (PFAS)**, including perfluorooctanoic acid (PFOA), perfluorooctane sulfonic acid (PFOS), perfluorohexane sulfonic acid (PFHxS), perfluorononanoic acid (PFNA), perfluoroheptanoic acid (PFHpA), and perfluorodecanoic acid (PFDA), and additional PFAS chemicals.

The test kit includes:

- Two PFAS sample bottles, and
- Two PFAS field blank bottles (one filled with distilled water, and one empty).

They will be in sealed plastic bags – do not unseal the bags or take the bottles out until you are ready to take your water sample.

1 Get ready to test your water

Step 1: Choose a day to test. Collect the sample in the morning of the same day you will bring it back to the lab. The lab accepts samples Monday – Thursday from 8:30 a.m. – 4:30 p.m.

Step 2: Take steps to reduce cross-contamination.

- The day you plan to take your water sample, do not use cosmetics, moisturizers, sunscreen, bug spray, perfume, or other related personal care products.
- Do not wear clothing or shoes that are designed to be water- or stain-resistant (such as rain jackets, outdoor gear, boots, ‘moisture-wicking’ athletic wear, items treated with stain protection, etc.). Try to wear other synthetic material, cotton, or clothing that has been previously washed without using fabric softener.
- Avoid eating right before or during sampling, as food packaging can be a source of PFAS.
- If you need something to write on, use a metal clipboard or plain paper. Do not use plastic clipboards, binders, or spiral-bound notebooks.

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Questions?

Contact: Program Specialist, Private Well Program, Rhode Island Department of Health

Email: DOH.RIDWQ@health.ri.gov **Tel:** 401-222-6867. Ask to be connected to the Private Well Program.



Step 3: Have on hand:

- ✓ A ballpoint pen or pen with ink that will not smear if wet. Do not use permanent marker, as they can be a source of PFAS.
- ✓ A never-used pair of powderless nitrile gloves. A set is included for you in the PFAS test kit from the State Health Labs.
- ✓ A cooler with ice to bring water samples to the lab. If you use loose ice, seal it tightly in a plastic bag. Do not use chemical ice packs, which can also be a source of PFAS.

Step 4: Choose ONE water tap to sample – one that is used often for drinking or cooking water. This is most likely a kitchen tap.

Step 5: Read all instructions before you take water samples. Be especially sure to double-check for potential sources of PFAS as listed above. Use the pictures to guide you.

2 Prepare the bottles and sample tap

Step 1: Fill out the labels that come with the kit. There will be two for the sample bottles and one for the field blank bottles (this label will be marked with “FB”). Fill out all three labels as shown in the example below. Please print clearly so that the lab can read the labels.

Reminder – do not use permanent marker. Use an ink pen that will not smear if wet.

Sample Label

Sample# _____	Date/Time: <u>8/25 2:30pm</u>
Collection Point: <u>Kitchen</u>	Collector: <u>R. Pérez</u>
Sys.Name: _____	Program: <u>Private Well</u>

Step 2: Take the field blank bottles out of their bag. Put the label marked with “FB” on the empty bottle.

Step 3: Take the sample bottles out of their bag. Put the remaining labels on both bottles.

Step 4: If your tap has an aerator, take it off. Not all aerators are removable. If yours doesn’t come off, write that in a note on the lab order form.

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Why is this step important?

Water samples naturally pick up a lot of background traces from the environment where they're taken. This isn't a problem for most water tests, but PFAS testing is so sensitive that these traces can actually affect the test results!

When you pour the distilled water from one bottle into the other, you're taking a snapshot of what your home's unique traces look like, and that helps the lab identify them in your water sample.



Filling the Sample Bottles

Step 5: Turn on the cold water and let it run for about **5 minutes**. Then **slow the water flow to a steady pencil-size stream** before collecting the sample. Do not turn off the water until you have finished sampling according to the directions below. After you put on the gloves, do not touch the tap again until it's time to turn the water off.

3 Collect your field blank sample

Step 1: Put on the nitrile gloves and gather the two field blank bottles.

Step 2: Remove the caps from both field blank bottles. Do not touch the inside of the caps or inside of the bottles. When putting the caps down, **make sure the threads are facing up** – do not put the caps threads-down.

Step 3: Pour the distilled water from the full bottle into the empty bottle. There will be some preservative in the empty bottle that looks like grains of salt – do not empty this out.

Step 4: Replace the caps on both bottles and return them to their plastic bag.

4 Collect your water sample

Step 1: Gather the two sample bottles.

Step 2: Remove the cap from one bottle. Do not touch the inside of the cap or inside of the bottle.

Step 3: Fill the bottle up to the shoulder with cold water. The bottle will have some preservative in it that looks like grains of salt – do not empty this out. Do not let the rim or neck of the bottle touch the tap, and do not let the bottle overflow.

Step 4: Replace the cap on the bottle.

Step 5: Repeat steps 2-4 for the second bottle.

Step 6: Return both bottles to their plastic bag and **turn off the water**.

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5 Finish up



Sample Bottles returned to their bag and sealed;
Field Blank bottles returned to their bag and sealed

- **Recheck the labels on all bottles.** Make sure you have filled them out so that they are clear and complete.
- **Put both bags in your refrigerator until you take them to the lab.** Make sure the bags are completely sealed. Remember, you need to drop them off the same day that they were collected.
- **Discard the nitrile gloves.** Do not re-use gloves. If you are sampling a different tap for PFAS (even if it's in the same house) or taking more PFAS samples from the same tap, use a new pair of gloves each time.
- **Fill out the Lab Order Form.** If you are doing other tests in addition to this one, find the prices for all kits and individual tests on the Order Form. Add all costs and show the total at the bottom. Write a check or money order made out to “The General Treasurer, State of RI” for the total amount of all the water tests you request.
- **Drop off your water samples with the Lab Order Form and payment.** The lab accepts samples Monday – Thursday from 8:30 a.m. – 4:30 p.m.
Place the containers in your cooler with ice to transport them to the lab. Remember to only use plain ice (bagged, not loose) in the cooler – do not use chemical ice packs.

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