

Patient Guide



Bloodspot Collection

Essential & Metabolic Fatty Acids Bloodspot #3540*

IgG Food Antibodies Bloodspot #1019*

STEP 1

Plan Your Collection

- Ship Monday thru Friday and avoid US holidays which may cause delays.
- Return specimens within 24 hours after final collection

4 Days before Collection

- Consult your healthcare provider about stopping medications and supplements.

Night Before Collection

- Fast overnight. Water is okay.

Please follow the QR code to review Test Preparation for the IgG Food Antibodies Bloodspot



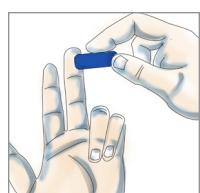
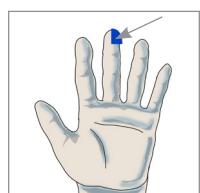
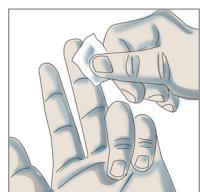
STEP 2

Specimen Collection

1. **Review** instructions from your healthcare provider at gdx.net/activate.
2. Write your **date of birth** (DOB) and the **date of collection** on the labels provided. Attach a completed label to the **blood spot card**.

Collect Blood Spots

1. **Wash** hands with warm water for at least 20 seconds. Dry hands.
2. To improve circulation:
 - Hold your hand lower than heart level and gently massage the entire length of the middle finger for 30 seconds.
 - Firmly grasp the top knuckle of the middle finger for a few seconds.
 - Hang arm down and gently shake your fingers.
3. **Clean** the tip of your finger with the alcohol pad.
4. **Remove** clear cover from the lancet. One end has a small hole in the center; **press** that end firmly against the appropriate location on your middle fingertip (see image) to engage the lancet.



5. Using your thumb, **gently massage** the entire length of the pricked finger to form blood drops. **Touch** the tip of each drop to a circle on the collection card. **Do not smear**. It is important you **do not touch your fingertip to the card**. Continue until blood has soaked to the border of the circle.

YES



NO



6. **Continue** this procedure until all four circles are filled. **If you are unable** to get enough blood from the first collection, repeat this procedure with a different finger.
7. Allow the collection card to **air dry 24-hours** then return to the biohazard bag with absorbent silica pack. If the card is not completely dry, your sample may be unusable.

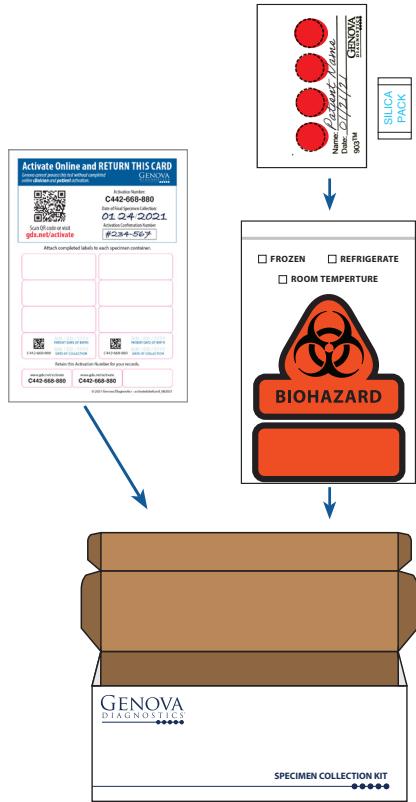
Activate Your Test Online



Visit www.gdx.net/activate to provide important information about your collection and receive your **confirmation number**.

Package and Return Your Collection

1. Place the biohazard bag with bloodspot card and absorbent silica pack inside the cardboard box. Ensure that bloodspot has a completed label attached to the card.
2. Visit gdx.net/activate to enter the date of your final collection and receive your confirmation code. Write the date of collection and your confirmation code on the activation label card.
3. Seal the box inside the FedEx shipping bag, and drop off at an authorized FedEx location.
Learn more about return shipping at gdx.net/shipping.



Additional resources are available online. Visit gdx.net/activate and enter your requisition number.