

Q. I'm afraid to stick myself. Are there any other options?

- A. No, we must have this tiny amount of blood to perform these tests. Once you try this new lancet, you will be surprised how quick and painless this process is. We have tested dozens of devices to offer you the easiest and most painless method of blood collection. Alternatively, you may want to ask a friend to help you.

Specimen Preparation

1. **Allow** absorbent collection card to air dry for approximately 24 hours before placing in the resealable plastic bag for shipping. If it is not completely dry, your sample may be unusable.
2. **Fold** the insert page in half, enclosing the absorbent collection card. **Place** inside the resealable plastic bag and seal.
3. **Staple** payment to the bottom right-hand corner of the completed Test Requisition Form and **complete** the Personal Health Assessment Form; **Fold** and **place** them in the postage-paid envelope.

**International customers: Staple payment to the bottom right-hand corner of the completed Test Requisition Form. Fold and place them, in the postage-paid envelope, place envelope in the specimen collection kit box and close the box.*

Checklist (Prior to Shipping)

1. Absorbent Collection Card

- Patient's first and last name, date of birth, gender, and date of collection are written on the Absorbent Collection Card
- Absorbent collection card has dried for 24 hours

2. Test Requisition Form with Payment

- Test Requisition Form is complete - Test is marked, Patients first and last name, date of birth, gender and date of collection are recorded.
- Personal Health Assessment Form is complete.
- Payment is included



LONDON • ASHEVILLE • ATLANTA

46 - 50 Coombe Road • New Malden, Surrey KT3 4QF • 020 8336 7750 • www.gdx.net/uk

©2012 Metamatrix, Inc. All rights reserved is-mm-30821 rev 0512

BloodspotSM IgG Food Antibodies

Specimen Collection Instructions

This specimen collection kit can be used for the following test:

0076 Bloodspot Food Antibody - Blood spot

IMPORTANT:

All patient specimens require two unique identifiers (*patient's name and date of birth*), as well as *date of collection*. Patient's first and last name, date of birth, gender, and date of collection must be recorded on the **Test Requisition Form** as well as the Absorbent Collection Card, using a permanent marker, or the test may not be processed.

Specimen

Blood spot, non-fasting

Collection Materials

- Absorbent collection card (on specimen collection insert page)
- 2 Disposable lancets
- Yellow rubber band
- 2 Sterile alcohol prep pads
- Adhesive bandage
- Absorbent pad

Shipping Materials*

- Test Requisition Form
- Personal Health Assessment Form
- Resealable plastic bag
- Specimen collection kit box
- Postage-paid return envelope

**International shipping may vary, please see shipping instructions for more details.*

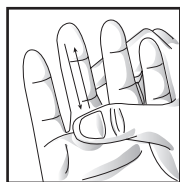
Please read all instructions carefully before beginning.

Patient Preparation

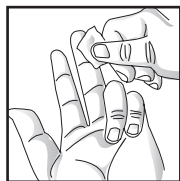
- It is best to **ship your specimen within 48 hours of collection**. Please refer to the enclosed shipping instructions **before** you collect to determine what days you can ship your specimen.
- **It is not necessary** for the patient to fast
- It is not necessary to discontinue nutritional supplements prior to this test. Abnormalities that may be found will reveal special needs that have not been met by recent dietary and supplemental intake.
- The use of immunosuppressive drugs, such as cortisone, can give false negative results. Discontinue the use of such drugs for 60 days before testing to allow antibody reactions to be seen.

Blood Spot Collection

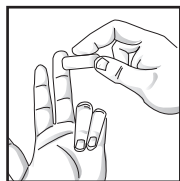
1. **Write** patient's **first and last name, date of birth, gender and date of collection** on the Test Requisition Form (located in the pouch on top of the Specimen Collection Kit Box), as well as where indicated on the absorbent collection card with the four circles, using a permanent marker.
 - **IMPORTANT:** To ensure accurate test results you **MUST** provide the requested information.



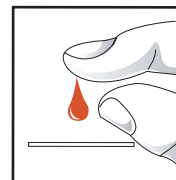
2. **Complete** the Test Requisition Form. Fill in "**Date Specimen Collected**" on the Test Requisition Form under section #4. **Fold** and **place** the form inside the postage paid envelope with payment.
3. **Remove** the clear cover from the lancet. One end of the lancet has a small hole in the center; this will be the end that you **push against** your finger to engage the needle.



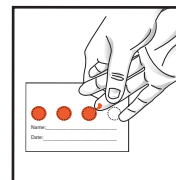
4. **Warm** your hands under warm water for a few minutes. Dry hands, then select your middle finger. **Gently massage** the entire length of the finger to increase the temperature and improve circulation.
5. **Clean** the tip of your finger with the alcohol pad.
6. **Hang** your arm down and **gently shake** your fingers a few seconds to increase blood pools in the finger.



7. **Hold** your hand lower than heart level; again gently massage the lower portion of the finger. **Firmly grasp** the lower portion of the finger for a few seconds to restrict return circulation.



8. **Choose** a site on the middle fingertip. **Push** the red tip end of the lancet firmly against your fingertip to depress the tip and release the needle. The needle will immediately retract safely after depression.



9. **Dispose** of the lancet in a suitable container (out of the reach of children and pets).
10. **Using** your thumb, **gently massage** entire length of the pricked finger to form repeated blood drops. As each drop forms, **touch the tip of the drop** to a circle on the absorbent collection card. **Do not smear.**

DO NOT TOUCH FINGERTIP TO THE CARD.

11. **Repeat** until blood has soaked to the border of the circle on the absorbent collection card. **Continue** this procedure for all **Four** circles. **Check** the back of the card. **Compare** all blood saturated circles to the illustration shown as "YES" (see insert). Both the front and back of the card should look the same as the "YES" illustration.
12. **If you are unable** to get sufficient blood from the first collection, **Return** to step 3 using a different finger. To increase blood pools in the finger, the yellow rubber band may be used. After you warm your hands under water for a few minutes, **Wrap** the yellow rubber band twice around your forearm - about where you would wear a watch, then **proceed** to **step 5**. When finished, **remove** the yellow rubber band.
13. If necessary, use the absorbent pad to **dry** the site on your finger after your collection. **Use** the enclosed adhesive bandage as needed.
14. **Allow** absorbent collection card to air dry overnight, approximately 24 hours, before placing in the resealable plastic bag with desiccant/moisture absorbent pack for shipping. If the card is not completely dry, your sample may be unusable.

Frequently Asked Questions

Q. I have used the lancet, but I didn't produce enough blood to fill all 4 circles. What do I do?

- A. Simply repeat the procedure using the second lancet we enclosed. Warming hands under warm water for a few minutes can also increase blood supply to the fingertips. Using the rubber band can help keep the blood in the fingertips.

Q. How do I know you will ONLY test me for Food Allergies?

- A. Metamatrix Clinical Laboratory has been licensed for over 20 years. We conform to all laboratory regulations, not the least of which are strict guidelines concerning privacy. We only perform the test you have chosen.