

# Patient Guide

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## Bloodspot Collection

**Essential & Metabolic  
Fatty Acids Bloodspot**  
#3540

**IgG Food Antibodies  
Bloodspot #1019**

## Plan Your Collection

Use a calendar to plan your specimen collection. Ship Monday through Thursday and avoid UK holidays which may cause delays. Please return specimens within 48 hours after final collection

### 4 Days before Collection

Consult your healthcare provider about stopping medications and supplements.

Scan for additional test preparation information.





- 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.
- 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.



- 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](http://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 pack inside the cardboard box. Ensure that a completed label is attached to the card.
2. Write the date of your collection and your confirmation code on the activation label card and place in the box.
3. Return your samples by overnight delivery to arrive next day between Monday and Thursday.

Learn more about return shipping at [www.gdx.net/uk/shipping](http://www.gdx.net/uk/shipping).

