

## Specimen Preparation

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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 dry absorbent collection card. Place inside the resealable plastic bag and seal.
3. **See** Step 3 for additional packaging instructions.

## Frequently Asked Questions

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**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. 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.**



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## TRIAD™ Bloodspot<sup>SM</sup> Profile - STEP 1

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### NON-FASTING

### Blood spot Specimen Collection Instructions

**This specimen collection kit can be used for the following test(s):**

**0410 TRIAD Bloodspot Profile - Bloodspot**

#### 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 on all tube(s) and/or vial(s), using a permanent marker, or the test may not be processed.

## Specimen

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**Blood spot, non-fasting**

### Collection Materials

- IgG Foods 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

- Resealable plastic bag
- Test Requisition Form
- Specimen collection kit box

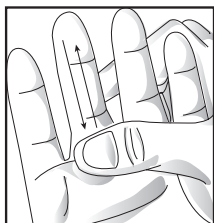
**Please read all instructions carefully before you begin.**

## Patient Preparation

- It is best to **ship the specimen within 48 hours of collection**. Please refer to the enclosed shipping instructions before you collect to determine the days that the specimen can ship.
- 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, 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 IgG Foods absorbent collection card with the four circles, using an ink pen.
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 specimen collection kit box 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.

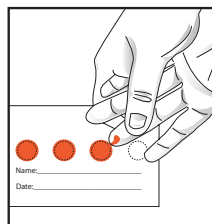
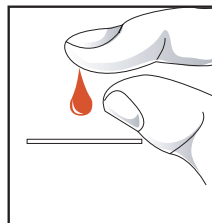
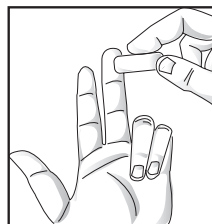
4. **Warm** your hands under warm water for a few minutes. Dry hands, then select your middle finger. Gently **massage** the entire length of the finger to increase the temperature and improve circulation.



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 for shipping. If the card is not completely dry, your sample may be unusable.

15. **Continue** to Step 2, the urine specimen collection.

# TRIAD™ Bloodspot<sup>SM</sup> Profile - STEP 2

## Urine Specimen Collection Instructions

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

0410 TRIAD Bloodspot Profile - Urine

### 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 on all tube(s) and/or vial(s), using a permanent marker, or the test may not be processed.

### Specimen

Overnight Urine, 12 ml, frozen

### Collection Materials

- Clean collection container  
(NOT included in this kit)
- Clear cap plastic vial with thymol preservative
- Disposable pipette

### Shipping Materials

- Absorbent pad
- Ice pack
- Test Requisition Form
- Biohazard bag with side pocket



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*Please read all instructions carefully before you begin.*

## Patient Preparation

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- It is best to **ship the specimen within 24 hours of collection**. Please refer to the enclosed shipping instructions before you collect to determine the days that the specimen can ship.
- **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.
- **Decrease** fluid intake to avoid excessive dilution of the urine
  - For adults, restrict intake to three 8 oz. glasses or less for 24 hours
  - Make sure that no more than 8 oz. of this is consumed after 8:00 PM the evening prior to urine collection
- **Do not collect** urine during menstruation
- Vial contains preservative - **Do Not Rinse**

## Urine Collection

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1. **Write** patient's first and last name, date of birth, and date of collection on the Test Requisition Form (located in the pouch on top of the Specimen Collection Kit Box), as well as on clear cap plastic vial, using a permanent marker.
2. **Empty** bladder before going to bed at night. **Do not collect** this urine.
3. **Collect** urine (if any) during the night and first morning urine into a clean container.
4. **Pipette** urine, using a fresh disposable pipette, into the clear cap plastic vial to the 12 ml mark (**DO NOT OVERFILL**). **Screw** the cap on tightly.
5. **Dispose** of remaining urine.
6. **Freeze** the clear cap plastic vial and ice pack.
7. **Continue** to Step 3, the fasting blood spot specimen collection.

## Frequently Asked Questions

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**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. 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.**



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## TRIAD™ Bloodspot<sup>SM</sup> Profile - STEP 3

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### FASTING

### Blood Spot Specimen Collection Instructions

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

0410 TRIAD Bloodspot Profile - Bloodspot

#### 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 on all tube(s) and/or vial(s), using a permanent marker, or the test may not be processed.

### Specimen

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**Blood spot, non-fasting**

#### Collection Materials

- Amino Acid 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

- Resealable plastic bag
- Test Requisition Form
- Specimen collection kit box

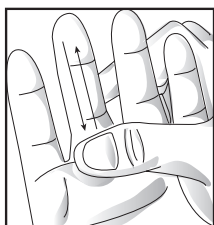
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## Patient Preparation

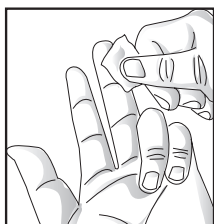
- It is best to **ship the specimen within 48 hours of collection**. Please refer to the enclosed shipping instructions before you collect to determine the days that the specimen can ship.
- Patient must be fasting for 8 hours. Patient may have water.
- It is not necessary to discontinue nutritional 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.

## Blood Spot Collection

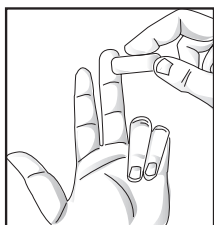
1. **Make sure that** patient's first and last name, date of birth, and date of collection are on the Test Requisition Form (located in the pouch on top of the Specimen Collection Kit Box), as well as on clear cap plastic vial, using a permanent marker.



2. **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.
3. **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.

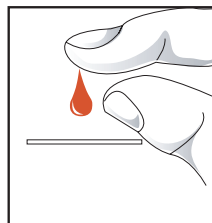


4. **Clean** the tip of your finger with the alcohol pad.
5. **Hang** your arm down and gently shake your fingers a few seconds to increase blood pools in the finger.
6. **Hold** your hand lower than heart level; again gently massage the lower portion of the finger. Firmly grasp the lower portion of the finger for a few seconds to restrict return circulation.
7. **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.

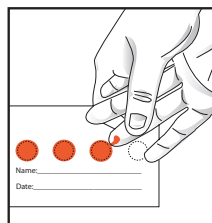


8. **Dispose** of the lancet in a suitable container (out of the reach of children and pets).
9. Using your thumb, gently **massage** entire length of the pricked finger to form repeated blood drops. As each drop forms, **touch** the tip of the drop to a circle on the absorbent collection card. **Do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

## DO NOT TOUCH FINGERTIP TO THE CARD.



10. **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.



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12. If necessary, use the absorbent pad to **Dry** the site on your finger after your collection. Use the enclosed adhesive bandage as needed.

## Specimen Preparation

13. **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.
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