

General Guidelines

Please read ALL instructions before starting to collect. Write your name, date of birth, and date of collection on the tube label.

Collection Tips

1. If the blood sample is not getting into the collection tube, stop using that tube. Use the second collection tube and restart the collection.
2. If there is no blood drop forming after the first drop or second drop, stop the collection. Use a different finger and rinse with warm water for at least 2 minutes, then restart the collection using the second collection tube.
3. If needed, take a hot shower before collecting to improve blood circulation in the fingers.
4. If blood accidentally spills from the tube, stop the collection if there is sufficient sample. If there is not enough sample, continue to collect more blood or restart the collection with a different finger.
5. You may submit samples in both collection tubes, if necessary, to provide sufficient sample volume (equivalent to at least one half-full tube).
6. If there are other problems with sample collection, consult with your provider.

Frequently Asked Questions

- 1. How long does it take to process the test?**
On average, 5-7 business days from the day it is received.
- 2. I am taking a certain medication or supplement. Do I need to discontinue while doing the test?**
Call your healthcare practitioner; he or she can phone us for clarification.
- 3. I am a resident of New York State. Can I do testing through your lab?**
No. New York State has additional licensing requirements that we have chosen not to pursue at this time.

Shipping Instructions

- Write your name, date of birth, and date of collection on the tube label.
- Write your name and address on top of shipping box.
- Ship samples within 3 days of collection (keep refrigerated until shipment).

■ **US Domestic:** Tuck front flap into box and seal with shipping label (included in box). Place label within dashed lines and adhere over front edge. Drop off your test kit with the carrier indicated on the enclosed return shipping label.



■ **International:** Delivery charges do apply. Seal box with clear tape. International shipments should be sent via next day or two-day delivery to the address provided below. Deliveries can be made Monday through Friday via a private courier of your choice.

DiagnosTechs, Inc.

Sample Processing
840 S. 333rd Street
Federal Way, WA 98003



Food Sensitivity Panel

Blood Collection Instructions

Contents

-  2 Lancets (Blood sampling device)
-  2 Red-capped collection tubes in carrier tube
-  2 Blue-capped 5 ml transport tubes
-  2 Alcohol wipes
-  2 Sterile gauze pads
-  2 Band aids
-  Absorbent shipping pad
-  Resealable bag
-  Preprinted shipping label (U.S. only)

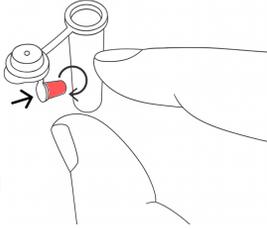


DiagnosTechs[™]
CLINICAL & RESEARCH LABORATORY

Collecting Your Sample

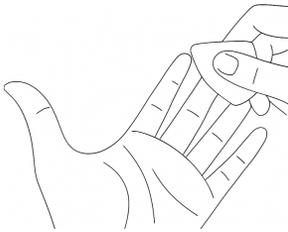
1. Wash hands for at least 2 minutes in warm water.
2. In a clean area, remove all the supplies from the kit box.

3. Remove the collection tube from the carrier tube. Twist off the SMALL red cap attached to the lid of the collection tube and set it aside for later use.

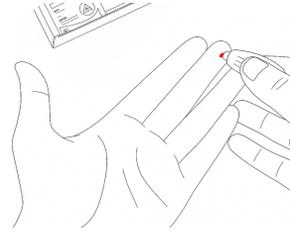


4. Open one alcohol wipe and one gauze pad.

5. Choose a finger (middle or ring) on your non-dominant hand and clean with alcohol wipe. Allow alcohol to dry.

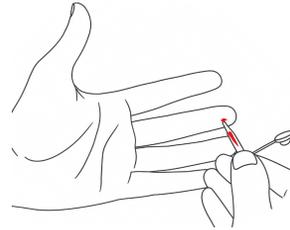


6. Take the lancet and twist off the cap. Place back of hand on a firm surface (e.g. desk, counter) and firmly press the tip of the lancet on to the cleaned finger as shown.



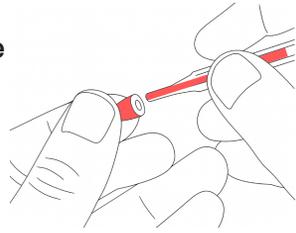
7. Wipe away the first drop of blood with the gauze pad.

8. Collect blood with the small tip of the collection tube. Do not touch the skin with the collection tube. Hold the collection tube at a downward angle to allow for proper collection.

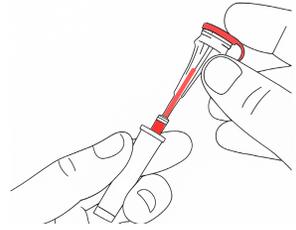


9. Continue to collect drops of blood by massaging the length of the finger and squeezing the area. Collect until the tube is at least half full.

10. Put the small red cap on the tip of the collection tube.



11. Cap the top of the collection tube and place back in the carrier tube.



12. Put the carrier tube in the 5 ml blue cap transport tube and refrigerate until ready to ship.

