

Collection Instructions - Food Sensitivity Panels

Setting up the kit for collection of blood sample

1. Wash hands for at least 2 minutes in warm water; this not only cleans but improves circulation.
2. In a clean area remove the lancet, red capped capillary tube, 5mL blue cap tube, alcohol wipe, and band aid from the kit.
3. Twist off the SMALL red cap attached to the lid and set it aside for later use.

Collecting blood samples

1. Choose a finger (index, middle, or ring) on your non dominant hand and clean with alcohol pad.
 - a. Allow alcohol to dry.
2. Take the lancet, twist off the cap and place back of hand on a firm surface (e.g. desk, counter). Firmly press the tip of the lancet on to the cleaned finger as shown.
3. Allow a drop of blood to form and wipe the first drop of blood away. The first drop may contain extracellular fluids that can lead to erroneous test results.
4. Holding the capillary tube declined ($\approx 45^\circ$) collect the blood with the tip of the tube. Do not let the tip of the tube touch the skin.
5. Continue to collect drops of blood by massaging the length of the finger and squeezing the area until the tube is at least half way full.
6. Take the small red cap removed earlier and press onto the tip.
7. Second, cap the large end of the tube with the attached lid and place back into carrier tube.
8. Clean the site with sterile gauze and apply band aid.
9. Place the assembled capillary tube into the provided 5mL container (blue cap) for transport.

Collecting sample problems

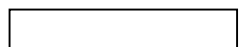
1. If blood sample is not getting into the tube, stop using that tube. Obtain a new capillary tube and restart the collection.
2. If there is no blood drop forming after the first drop or second drop, stop the collection. Use a different finger and rinse with warm water for 2 minutes, then restart the collection using a new tube.
3. If blood accidentally spills out 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.
4. If there are other problems resulting in no blood collection, consult with your provider.

Date/Time Collected: _____

Date Mailed: _____

STORAGE & SHIPPING INSTRUCTIONS FOR ALL SPECIMENS

- Ship samples on same day as last sample collection (preferred). If not, refrigerate samples; ship within 3 days.
- Write name, address, date of birth, and collection date on the order form.
- Write name and date of birth on all vials.
- Be sure required test orders are marked on the order form. If not, please contact your provider for test orders.
- Include payment check or credit card information, if applicable. We do not accept cash.
- Place vials, order form, and payment into kit box.
- 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 of box. Drop off test kit with the carrier indicated on the return shipping label.
- International:** shipping charges will apply. Ship test kit with FedEx and select two to three day delivery. Deliveries can be made Monday through Friday. International shipping forms are available on our website. See Patients -> Shipping Instructions



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