

SEND SAMPLES via FedEx (preferred and fastest way to send samples)

Plan to send sample as soon as possible after collection.

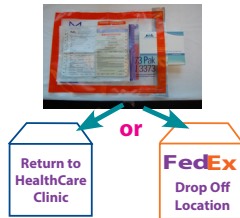
1. Place the **dry blood spot card(s)**, **humidity indicator and desiccant** into the plastic bag and seal it. Then place the requisition and the sealed plastic bag into kit box and place box into the FedEx clinical pack provided. **Remember to seal the FedEx pack.**
2. If your FedEx pack does not include a pre-printed 'From' or 'Sender' address, please complete the FedEx waybill with your name, address, and phone number.

Next check off:

- FedEx Priority Overnight (section 5a)
- FedEx Pack (section 6)
- Special Handling - NO (not dangerous) (section 7)
- Payment - Bill Recipient (section 8)

3. Next, either:

- a. Return the FedEx package to your healthcare professional for shipping to the lab, or
- b. Take the FedEx package to your nearest FedEx drop off location for shipping to the lab. No cost to you. See: www.fedex.ca for drop-off locations, or
- c. Call FedEx and schedule a pick-up from your location. 1.800.463.3339




SEND SAMPLES via Xpresspost

Plan to send sample as soon as possible after collection.

Use Canada Post Xpresspost - only if FedEx is unavailable in your area.

1. Place completed requisition and sealed plastic bag with the **dry blood spot card(s)**, **humidity indicator and desiccant** into the prepaid mailer and **seal the mailer.**
2. Write your return address (including postal code) in the top left corner. Drop the sealed mailer into any Canada Post mailbox.



Rocky Mountain Analytical
Changing lives, one test at a time

IgG - IgA Blood Spot Collection Instructions

BEFORE YOU BEGIN

Important

- Read **all instructions** prior to collecting blood.
- Make sure you have enough blood spot cards for the test panel(s) ordered. If you are not sure, please confirm with your healthcare professional.
- Circles must be saturated with blood.
- Check contents of the kit box. If anything is missing, please contact your healthcare professional.



Precautions

- If you are taking blood thinning medications or if you have a blood clotting disorder, discuss with your healthcare professional before doing this test.
- If you are taking any medication that may influence antibody levels you may get inaccurate results.
- Lancets and blood collection cards are for one time use only.
- Avoid using lancets on children younger than one year.

KIT CONTENTS

- ✓ Requisition form
- ✓ Collection instructions
- ✓ 1 x blood spot collection card in resealable plastic bag with humidity indicator card and desiccant
- ✓ 2 x auto-lancets
- ✓ 1 x alcohol swab
- ✓ 1 x adhesive bandage
- ✓ 1 x gauze
- ✓ Return Xpresspost mailer

PATIENT PRIVACY

Your healthcare professional's signature or bar code label on the requisition is our legal authority for analyzing your blood sample. The personal information you provide is necessary for us to provide a thorough analysis. This information will be stored confidentially and used only for the purpose of analyzing your specimen. Some aggregate data may be used for research purposes. If you have any questions regarding this or any other issue regarding our testing, please contact Rocky Mountain Analytical.

email: info@rmlab.com | phone: 403.241.4500 | fax: 403.241.4501

A division of LifeLabs LP

IMPORTANT - PRIOR TO TESTING

- To accurately assess for food sensitivity, it is necessary to consume the suspected food. Typically two servings per week for two to three weeks prior to collection is sufficient exposure for antibodies to appear. If you have avoided a food for more than six months, you should consume two servings every week for six weeks prior to collection. **AVOID** eating foods you previously had a serious reaction to (e.g. hives, anaphylaxis).
- Note:** The number of antibodies produced is related to the quantity and frequency of food consumed. Your immune system typically produces few or no antibodies to foods you have not eaten recently, or eat rarely.

BEFORE YOU START TO COLLECT BLOOD - read all instructions



1. Lay out the contents of the kit box on a clean surface.

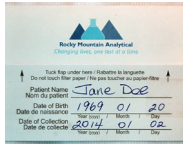
NOTE: Do not use kit if all circles on humidity indicator card are pink.

2. Using a blue or black ball point pen print the following on the front of the collection card(s):

- Your name
- Date of birth
- Collection date

3. Use a blue or black ball point pen to fill in the requisition and ensure the following fields are completed:

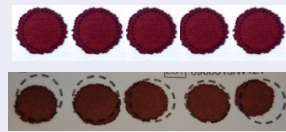
- Healthcare professional's bar code label and signature
- Your name and address
- Date of birth
- Gender
- Date of blood collection



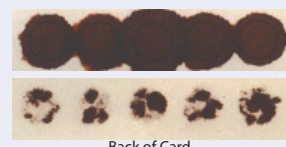
IMPORTANT

- ▶ Collect **ONE** large hanging drop of blood (at least 5mm in diameter) in each circle to completely **saturate ALL circles**. Do not allow blood to overlap outside of circles.
- ▶ Hold card up to the light to ensure circles are saturated.
- ▶ Allow blood spot card to air dry only.
- ▶ Make sure blood spot card is completely dry before placing in plastic bag.
- ▶ Place dry blood spot card in plastic bag with humidity

ACCEPTABLE SAMPLE



UNACCEPTABLE SAMPLE

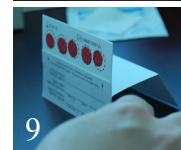
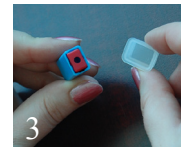
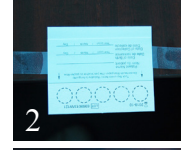


Back of Card

AVOID

- ▶ Rubbing or smudging blood onto card.
- ▶ Touching collection paper with fingers.
- ▶ Exposing card to direct sunlight, moisture, or artificial heat sources while drying.
- ▶ Re-collecting blood on previously dried blood spot.

COLLECTING YOUR SAMPLE - how to collect blood



Tip: It is easier to collect blood if you are well hydrated and your hands are warm. Remember to drink lots of water before you collect. Warm your hands by holding a cup filled with warm water for a few minutes.

1. Lay out the contents of the kit on a clean surface
2. Remove the blood spot collection card from the plastic bag. Open the top flap on blood spot card and fold the card so that the circle area is exposed. Tape the card to the edge of a clean surface so that the circles are flat and extend beyond the edge.
3. After wiping the finger with the isopropanol alcohol pad and allowing to dry, position the hand upright on a flat surface and press the lancet slowly and firmly against the puncture site until an audible click is heard.
4. Firmly wipe away the first part of the bleed with gauze to stop the clotting process and allow for a good blood drop to form.
5. Point your arm downward with the puncture site aimed at a circle and gently push along your wrist, working down towards your finger until a hanging drop of blood forms.
6. Let blood drop fall onto the centre of the first circle.
7. Continue to completely fill all circles with blood until the collection card is complete (or the required number of circles are filled). Review acceptable / unacceptable samples in collection instructions.
8. Bandage your finger. Recap and dispose of auto-lancet.
9. Allow blood spot card(s) to air dry completely (this will take several hours). The blood turns a darker colour when it is dry.
10. When blood spot card(s) is completely dry, close card under flap, and place dry card(s) into plastic bag with humidity indicator card and desiccant.

Watch our collection video at:
www.rmlab.com/medical-laboratory-tests/allergy/igg-sensitivity

GETTING YOUR RESULTS - sample report shown



Test results are sent to your healthcare professional approximately 21 days after Rocky Mountain Analytical receives your sample.

Please contact your healthcare professional if you have questions regarding your results. **Note:** Our staff do not discuss test results with patients.