

TEST PREPARATION

BEFORE BEGINNING COLLECTION

- » Please read all instructions in full before beginning test.
- » Be sure to read and understand the 'AVOID SAMPLE REJECTION' information (overleaf)
- » Ensure that all kit contents are present. If you are missing kit components, please call RN Labs on 1800 110 158 immediately.
- » The sample must be mailed 24-48 hours following collection.

TEST DIET PREP

3 WEEKS

It is advised to adhere to your usual dietary habits, consuming your intended variety of foods when possible. (You do not need to fast for this test).

Avoid any food that may have potentially resulted in a previous anaphylaxis-type reaction. (Secondary exposure may prove fatal).

Consult your healthcare practitioner for any specific guidance you may need.

MEDICATION

4 WEEKS

Immunosuppressive drugs such as oral or intranasal corticosteroids (Prednisone, Beclomethasone, Fluticasone, Triamcinolone), and topical cortisone suspensions and creams, may affect test results for antibody assessment.

The suggested time period to abstain from these is 4 weeks (2 weeks minimum). Always consult prescribing practitioner for any changes to medication/s.

COLLECTION



- 1 DRINK 2-4 GLASSES OF WATER BEFORE BEGINNING TEST



- 2 FILL OUT THE FOLLOWING DOCUMENTS

- Test Requisition Forms
- Dried Blood Spot Card/s - Write your name and date of collection. **Incomplete forms will result in sample rejection.**

- 3 RINSE HANDS AND PREPARE FINGER



- a. Rinse hands in warm water
- b. Choose designated finger. Middle finger is recommended.
- c. Clean your finger with the alcohol wipe.
- d. Allow area to dry.

- 4 STIMULATE THE BLOOD FLOW



- a. Stimulate blood flow by shaking hand back and forth for 15-20 seconds.
- b. Rub your finger to increase stimulation.

- 5 USE THE LANCET TO DRAW BLOOD



- a. Using the lancet provided, twist the tab and pull it straight out.
- b. Place your finger on a hard surface and press lancet against the side of the finger, until you feel/hear a 'click'.
- c. Clean first drop of blood with gauze and rub finger with alcohol wipe and then rub finger as needed to stimulate blood flow.

COLLECTION CONTINUED

6

USE THE LANCET TO DRAW BLOOD



- a. Blood should begin to flow freely.
- b. Place a large free-flowing drop of blood on each circle provided, making sure not to touch the card with your finger tip.
- c. If circle on dried blood spot card is not full, place additional drops as needed
- d. If the blood flow stops, wipe the finger area with the alcohol wipe to stimulate blood flow. Or use the additional lancet to puncture another finger tip.
- e. Be sure to fill all 5 circles completely, and ensure that all circles are completely saturated on the back of the card. **Do not place more blood on the card once it is already dry.**

7

LET THE BLOOD AIR DRY



- Let the sample air dry for up to 3 hours (in humid conditions). 1-2 hours will suffice in dry conditions. Do not touch the blood circles.
- Keep sample away from sunlight and heat
- Ensure that sample is dry before shipping.

MAILING INSTRUCTIONS

1 CHECK ALL PAPERWORK IS FILLED OUT CORRECTLY

Ensure the **Requisition Form** and the **Dried Blood Spot Card** are clearly labelled and all details are correct.

2 PACKING SAMPLES

Place the **Dried Blood Spot Card** into the **zip lock bag** and close it. Place the zip-lock bag into the **Pre-Paid Post Envelope**, along with the **Requisition Forms**.

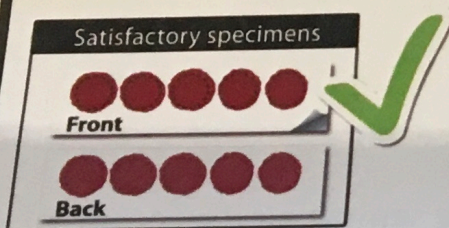
3 DROP OFF

Drop off the envelope at any post box or at your local post office.



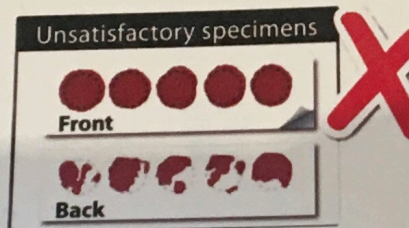
AVOID SAMPLE REJECTION!

Sample will be rejected if it does not meet the below standards (new sample will need to be provided).



SATISFACTORY

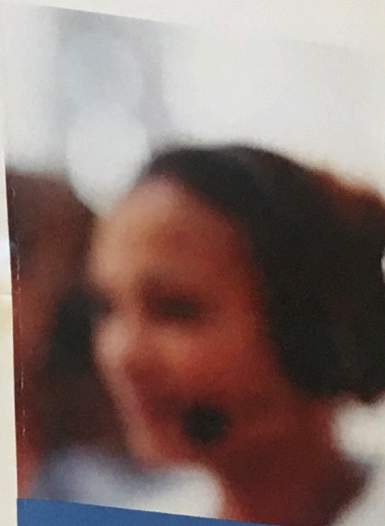
- ✓ Ensure that there is enough blood on each circle, so that it completely fills and saturates the card.
- ✓ Fill all designated circles.
- ✓ If the circles are not completely full with one drop of blood, immediately place another blood drop on the circle.
- ✓ Do not touch the circles.



UNSATISFACTORY

- ✗ Often due to not enough blood on dried blood spot card.
- ✗ Possible causes: circles are not completely full, not allowing a full drop to form before placing it on the card, or the back of card is not completely saturated.

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