

CODE: FIT 132  
FIT 176

# Food Inflammation Test (FIT) KBMO DIAGNOSTICS

## THE PROCESS

- The blood sample can be collected on **any day**
- This is not a fasting test. **Eat your usual diet** before the test
- **Read** the instructions in the collection kit
- KBMO 132 has one test card (5 spots) and KBMO 176 has two cards (10 spots)

## BLOOD FLOW TIPS

- 10-20 minutes prior to taking your sample:
  - drink 2-4 glasses of water or tea
  - ensure your hands are warm
  - move your body to get your blood pumping
- Warm your hands by rubbing them together and shaking them
- Rub the finger you will use to stimulate blood flow
- Having your hand below your heart can help with blood flow

**See next page for more tips**

### **4 Weeks before the test stop taking:**

- Immunosuppressive drugs (including topical steroids)

### **Day before**

- ensure you are well hydrated



### **READ THE INSTRUCTIONS INCLUDED IN THE TEST KIT BEFORE COMPLETING TEST**

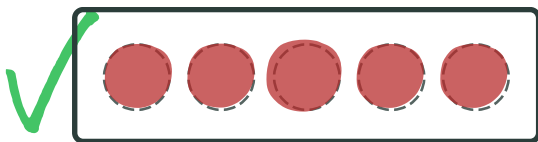
Ensure sample is collected correctly.  
The lab charges a \$50 retesting fee for incorrect samples

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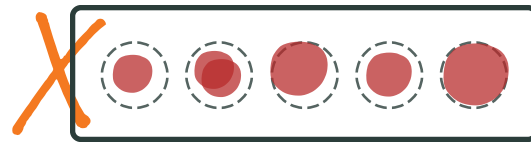
# Food Inflammation Test (FIT) KBMO DIAGNOSTICS

## COLLECTION TIPS

- Use the alcohol swap to disinfect your finger **before and straight after** the lancet prick, then start collection
- **Do not touch the test circles** - this will contaminate the sample and result in a re-test fee
- Do not place more blood on the card once dry
- **You must fully fill each circle on the collection card**



All 5 circles to the edge of dotted lines



Not all circles to the edge of dotted lines

## POSTING

- You will need to send your samples to the lab using the postage satchel provided
- Samples must be **completely air dried** before posting
- Post within 1-2 days of completing
- **Notify your health coach via slack** when you have posted - **share a photo of the shipping label** on the postage packaging, this will allow us to track the sample if required



### READ THE INSTRUCTIONS INCLUDED IN THE TEST KIT BEFORE COMPLETING TEST

Ensure sample is collected correctly.  
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