



TEST COLLECTION INSTRUCTIONS

BLOOD DRAW Precision Allergy 88



Dear patient,

Congratulations on taking this positive action for your health!

These instructions contain everything you need to know about collecting your sample. Please make sure you read them carefully before planning your collection.

For more information & FAQs on conducting your test, please visit www.RNLabs.com.au and click on **Patient Resources**.

If you have further questions relating to billing or shipping, you can contact us during business hours (AEST) by calling 1800 110 158 or email Testing@RNLabs.com.au and we will be happy to assist.

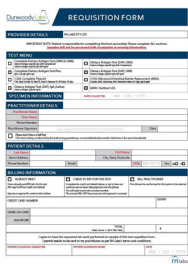
Please note, we are unable to assist you with questions relating to your healthcare, such as why you have been prescribed this test. Please contact your practitioner for any such questions.

Thanks for your understanding.
The RN Labs Team



STEP 1: Check Kit Contents

Please check you have each item. (If you are missing any kit contents, please call RN Labs on 1800 110 158.)



Requisition Form



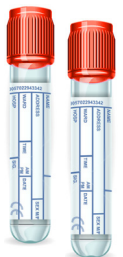
Kit Box



Transfer Pipette



Biohazard Bag with Gauze Pad



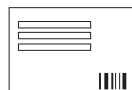
2 x Tiger Top SST Tubes



State Pathology Form



Toll Priority Satchel Bag



Consignment Label



Silver Thermo Bag



Ice Pack





Transport Tube



STEP 2: Prepare for the Test

- BEFORE YOU START: Schedule collection so that the sample is collected on Monday, and can be sent promptly on Monday or Tuesday. Do not send samples on any other day of the week.
- Please read all of the instructions carefully before beginning.
Consult your practitioner for specific instructions before stopping any medications.
- Place Ice Pack in freezer.

DISCONTINUE THE FOLLOWING

 <p>4 weeks before test</p>	<p>Immunosuppressive medications such as oral or intranasal corticosteroids (Prednisone, Beclomethasone, Fluticasone, Triamcinolone), and topical cortisone suspensions and creams, may affect test results for antibody assessment.</p> <p>The suggested time period to abstain from these is 4 weeks (2 weeks minimum).</p> <p>Please check with prescribing practitioner before making any changes to medication/s.</p>
 <p>3 weeks before test</p>	<p>Continue with your usual diet. You do not need to fast for this test.</p> <p>Avoid any food that may have resulted in a previous anaphylaxis-type reaction. (Secondary exposure may prove fatal).</p>

OTHER INFORMATION

<p>You should not be charged for the blood test; the price is included in the overall test price</p>	<p>Keep the cardboard Kit Box for return shipping of samples</p>
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BLOOD COLLECTION CENTRE

Please refer to the pathology collection centre websites below to arrange blood collection in your State.

Note: Ensure that the collection lab has the ability to centrifuge samples before attending collection.

<p>VIC - Melbourne Pathology</p>	<p>www.mps.com.au/locations/collection-centres/ Please fill out enclosed form and take along for blood collection.</p>
<p>NSW/ACT - Lavery</p>	<p>www.lavery.com.au/CollectionCentres.aspx</p>
<p>QLD/Northern NSW - QML</p>	<p>www.qml.com.au/CollectionCentres.aspx</p>
<p>SA - Clinpath</p>	<p>www.clinpath.com.au/locations/collection-centres.aspx</p>
<p>WA - Western Diagnostics</p>	<p>www.wdp.com.au/CollectionCentres.aspx</p>



STEP 3: Collect Sample

BEFORE YOU BEGIN:

- Ensure you are well hydrated. Drink at least 8 cups of water 24 hours before collection.
- Complete Requisition Form. Incomplete forms will result in sample rejection.

Step 1

GO TO BLOOD COLLECTION CENTRE

Take Kit (with frozen **Ice Pack** and empty Tubes) to your local blood collection centre.

Note: After blood collection ensure that the sample is stored in the fridge and the ice pack is stored in the freezer until shipping.



Step 2

GIVE KIT TO LAB TECHNICIAN WITH INSTRUCTIONS

Explain that you have a '3rd party test' for them to carry out, hand over the kit, and **show the below instructions**.

Note: The draw lab will only carry out the blood collection (not the final sample testing).



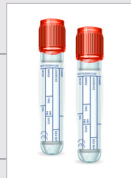
INSTRUCTIONS FOR LABORATORY TECHNICIAN

Step 1

DRAW WHOLE BLOOD

Draw 2 x 8.5mls of whole blood. (using the 8.5ml SST Tubes provided)

This will provide at least 8mls of Serum



Step 4

TRANSFER SERUM

With the disposable Transfer Pipette, carefully transfer the Serum from both the 8.5ml **SST Tubes** into the 5ml **Transport Tube**.

Do not transfer Red Blood Cells.



Step 2

ALLOW TO CLOT

Allow the blood to clot at room temperature for at least **30 minutes**. (but for no longer than one hour)



Step 5

LABEL

Using a permanent marker, write the patient's **first and last name**, **DOB** and **date** of collection on the transport tube.



Step 3

CENTRIFUGE

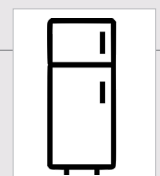
Centrifuge for **15-20 minutes**.



Step 6

RETURN

Hand sample back to patient for their immediate return home to arrange for shipment. (inside box with ice pack)





STEP 4: Send to RN Labs

BEFORE PACKING, AVOID THE SAMPLE BEING REJECTED.

Sample rejection means you will need to re-collect your sample at an additional cost of \$50.

- Ensure that all sample collection and storage requirements have been adhered to correctly.
- Ensure all fields on **Requisition Form** and **Transport Tube** are correctly labelled.
- Ensure that the sample is collected on Monday and sent on Monday or Tuesday.
Do not send samples on any other day of the week.
- Please note that RN Testing is closed from mid December to the first week of January.
Do not post samples during this time.

PACK SAMPLE FOR SHIPPING

1. Place transport tube into the biohazard bag and seal the bag (do not remove the gauze pad). Then place sealed biohazard bag into the silver thermo bag.
2. Place silver thermo bag into the kit box and keep the kit box inside the **fridge**, and the ice pack in the **freezer** until just before courier collection.

ORGANISE COURIER

3. Book a time for the courier to pickup sample (preferably the day before) by calling Toll Priority on **13 15 31** and quoting RN Labs' Customer Account Number **206342**.
4. Tell the operator you have a '**Pre-Paid Pick Up**', provide your address and ensure that they can collect by Tuesday afternoon at the latest. *Samples left outside for collection are not acceptable.*
5. Inform TOLL that the package is a '**Category-B Biological Substance**' and that it is packaged correctly for collection (in a box within the satchel).

DAY OF TOLL COLLECTION

6. On the day of collection locate the TOLL courier consignment label and fill out the 'FROM' section with patient's name, address and phone number.
7. Peel label backing and affix to TOLL satchel.

ARRIVAL OF COURIER

8. Place the frozen ice pack underneath the silver thermo bag inside the kit box, then place kit box inside courier satchel, ready to hand to the courier.