

conform to all laboratory regulations, not the least of which are strict guidelines concerning privacy. We only perform the test you have chosen.

Q. *I'm afraid to stick myself. Are there any other options?*

- A. No, we must have this tiny amount of blood to perform these tests. Once you try this new lancet, you will be surprised how quick and painless this process is. We have tested dozens of devices to offer you the easiest and most painless method of blood collection. Alternatively, you may want to ask a friend to help you.

Specimen Preparation

1. **ALLOW** absorbent collection card to air dry for approximately 24 hours before placing in white envelope. If it is not completely dry, your sample may be unusable.
2. **FOLD** the insert page in half, enclosing the absorbent collection card. Place in white envelope.
3. **FOLD** the completed Test Requisition Form with attached payment; Place in white envelope.
4. Post Specimen to: DIAGNOSTIC INSIGHT,
Po Box 904, Crows Nest, NSW 1585

Checklist (Prior to Shipping)

1. Absorbent Collection Card

- † Patient's first and last name, date of birth, and date of collection are written on the collection card
- † Absorbent collection card has dried for 24 hours

2. Test Requisition Form with Payment

- † Test Requisition Form is complete
- † Payment is included

BLOODSPOT IGG FOOD ANTIBODIES

Specimen Collection Instructions

THIS SPECIMEN COLLECTION KIT CAN BE USED FOR THE FOLLOWING TEST (S):
0076 BLOODS POT FOOD ANTIBODY - Blood spot

Please Note:

All patient specimens require two unique identifiers (patient's name and date of birth), as well as date of collection. Patient's first and last name, date of birth, and date of collection must be recorded on the Test Requisition Form as well as the collection card, using an ink pen, or the test may not be processed.

Specimen

Blood spot, non-fasting

Collection Materials

- Absorbent collection card (on specimen collection insert page)
- 2 Disposable lancets
- Yellow rubber band
- 2 Sterile alcohol prep pads
- Adhesive bandage

Shipping Materials

- Orange absorbent pad
- Test Requisition Form
- Resealable plastic bag
- White Envelope



US Call 800.221.4640
www.metamatrix.com



AU Call +61 2 9966 9990
NZ Call +64 3 381 2255
www.diagnosticinsight.com.au

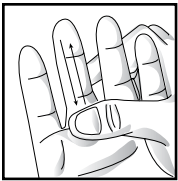
Please read all instructions carefully before beginning.

PATIENT PREPARATION

- It is not necessary for the patient to fast.
- The use of immunosuppressive drugs, such as cortisone, can give false negative results. Discontinue the use of such drugs for 60 days before testing to allow antibody reactions to be seen.
- It is not necessary to discontinue nutritional supplements prior to this test. Abnormalities that may be found will reveal special needs that have not been met by recent dietary and supplemental intake.

BLOOD SPOT COLLECTION

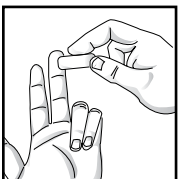
1. **WRITE** patient's first and last name, date of birth, and date of collection on the Test Requisition Form, as well as where indicated on the absorbent collection card with the four circles, using an ink pen.
2. **COMPLETE** the Test Requisition Form. Fill in "Date Specimen Collected" on the Test Requisition Form under section #4. Fold and place the form inside the specimen collection kit box with payment.
3. **REMOVE** the clear cover from the lancet. One end of the lancet has a small hole in the center; this will be the end that you push against your finger to engage the needle.



4. **WARM** your hands under warm water for a few minutes. Dry hands, then select your middle finger. Gently massage the entire length of the finger to increase the temperature and improve circulation.

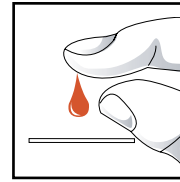


5. **CLEAN** the tip of your finger with the alcohol pad.
6. **HANG** your arm down and gently shake your fingers a few seconds to increase blood pools in the finger.
7. **HOLD** your hand lower than heart level; again gently massage the lower portion of the finger. Firmly grasp the lower portion of the finger for a few seconds to restrict return circulation.



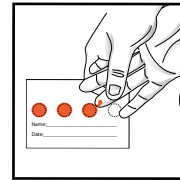
8. **CHOOSE** a site on the middle fingertip. Push the red tip end of the lancet firmly against your fingertip to depress the tip and release the needle. The needle will immediately retract safely after depression.

9. **DISPOSE** of the lancet in a suitable container (out of the reach of children and pets).



10. **USING** your thumb, **GENTLY MASSAGE** entire length of the pricked finger to form repeated blood drops. As each drop forms, touch the **tip of the drop** to a circle on the absorbent collection card. Do not smear.

DO NOT TOUCH FINGERTIP TO THE CARD.



11. **REPEAT** until blood has soaked to the border of the circle on the absorbent collection card. Continue this procedure for all **FOUR** circles. Check the back of the card. Compare all blood saturated circles to the illustration shown as "YES" (see insert). Both the front and back of the card should look the same as the "YES" illustration.

12. If you are unable to get sufficient blood from the first collection, **RETURN** to **STEP 3** using a different finger. To increase blood pools in the finger, the yellow rubber band may be used. After you warm your hands under water for a few minutes, **WRAP** the yellow rubber band twice around your forearm - about where you would wear a watch, then **PROCEED** to **STEP 5**. When finished, remove the yellow rubber band.
13. If necessary, use the orange absorbent pad to **DRY** the site on your finger after your collection. Use the enclosed adhesive bandage as needed.
14. **ALLOW** absorbent collection card to air dry overnight, approximately 24 hours, before placing in the resealable plastic bag for shipping. If the card is not completely dry, your sample may be unusable.

FREQUENTLY ASKED QUESTIONS

- Q. *I have used the lancet, but I didn't produce enough blood to fill all 4 circles. What do I do?*
- A. Simply repeat the procedure using the second lancet we enclosed. Warming hands under warm water for a few minutes can also increase blood supply to the fingertips. Using the rubber band can help keep the blood in the fingertips.
- Q. *How do I know you will ONLY test me for IgG Food Antibodies?*
- A. Metamatrix Clinical Laboratory has been licensed for over 20 years. We