

# Patient Guide

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## Bloodspot Collection

IgG Food Antibodies  
Bloodspot  
#1019

## Before You Begin

Complete the test requisition form and write your name, date of birth, and date of collection on the bloodspot collection card.

## Plan Your Collection

Ship Monday thru Friday and avoid UK holidays which may cause delays

### 4 Days before Collection

Consult your healthcare provider about stopping medications and supplements.

Scan for additional test preparation information.

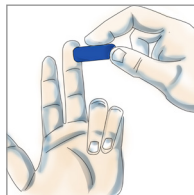
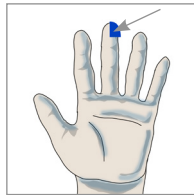
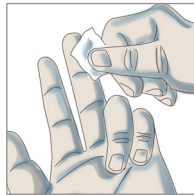
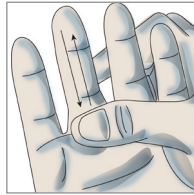


## Specimen Collection

1. Write your **name, date of birth** (DOB) and the **date of collection** on the bloodspot collection card.

### Collect Blood Spots

1. **Wash** hands with warm water for at least 20 seconds. Dry hands.
2. To improve circulation:
  - Hold your hand lower than heart level and gently massage the entire length of the middle finger for 30 seconds.
  - Firmly grasp the top knuckle of the middle finger for a few seconds.
  - Hang arm down and gently shake your fingers.
3. **Clean** the tip of your finger with the alcohol pad.
4. **Remove** clear cover from the lancet. One end has a small hole in the center; **press** that end firmly against the appropriate location on your middle fingertip (see image) to engage the lancet.



5. Using your thumb, **gently massage** the entire length of the pricked finger to form blood drops. **Touch** the tip of each drop to a circle on the collection card. **Do not smear**. It is important you **do not touch your fingertip to the card**. Continue until blood has soaked to the border of the circle.
6. **Continue** this procedure until all four circles are filled. **If you are unable** to get enough blood from the first collection, repeat this procedure with a different finger.



7. Allow the collection card to **air dry 24-hours** then return to the biohazard bag with absorbent silica pack. If the card is not completely dry, your sample may be unusable.

# Return Collection Pack

1. Place the biohazard bag with **bloodspot card** and **absorbent pack** inside the cardboard box.
2. **Complete** all sections on the included requisition.
3. **Close the cardboard box.** Follow the shipping instructions provided.

