

Returning Samples to Rocky Mountain Analytical

- ☞ When the blood spot pads are dry, place them in the re-sealable plastic bag. **Be sure to write your name and the date of collection on the label** on the outside of the plastic bag.
- ☞ Place the blood spot collection strips (sealed in the bag) back in the pre-addressed square cardboard mailer along with the completed requisition. Only the test strips and completed requisition are to be returned to RMA.
- ☞ Seal the cardboard mailer, making sure the pre-paid address label is visible to postal employees. **Please ensure that your Postal Code appears in the "From" section of the address label.**
- ☞ Put the sealed and addressed pre-paid XpressPost cardboard mailer in any mailbox or take to your nearest Postal Outlet.

Method of Payment

- ☞ Your health care provider has the information regarding billing. At his/her request, you may be asked to send payment directly to Rocky Mountain Analytical. If this is the case, please send either cheque or a completed credit card authorization form (available from your health care provider or on our website: www.rmalab.com) with your sample.

Privacy Information

- ① Your health care provider's initials or signature on the requisition is our legal authority for analyzing your blood spot specimen. The personal information you provide is necessary for us to provide a thorough analysis of your sample. This information will be stored confidentially and used only for the purpose of analyzing your specimen. Some aggregate data may be used for research purposes. If you have any questions regarding this or any other issue regarding our testing, please contact Rocky Mountain Analytical at Unit A, 253147 Bearspaw Road, Calgary, Alberta T3L 2P5. Phone 403-241-4513 or Fax at 403-241-4516. Our email address is info@rmalab.com.

PATIENT

COLLECTION INSTRUCTIONS FOR IGG ALLERGY BLOOD SPOT TESTING

KIT CONTENTS

- Requisition Form
- Collection Instructions
- 2 automatic lancing devices
- Alcohol swab
- Adhesive bandage
- 3 Blood spot collection strips in re-sealable bag
- Prepaid Xpresspost cardboard mailer

TEST REPORTS

Please allow 21 days after sample is received at Rocky Mountain Analytical for the completion of the test report. Test reports will be sent to the ordering practitioner.

General Testing Information

- ① Rocky Mountain Analytical is a testing laboratory and does not diagnose, prescribe or make specific treatment recommendations.
- ① Please read instructions the night prior to collection.
- ① **Leave extra time (10 to 15 minutes)** in your day to collect sample. Choose a convenient day and time for collection.
- ① You should consume as wide a variety of foods as possible for three days prior to the test. **Avoid** consuming foods that may have potentially resulted in previous adverse/allergic reactions or anaphylaxis.
- ① Before pricking your finger with the lancing device, **warm your hands** by rubbing them together or running warm water over them to increase blood flow.
- ① Note: Please read these instructions carefully. **Submission of an unusable sample will result in a \$15 recollection charge.**

Collection Instructions If You Are Taking Medication

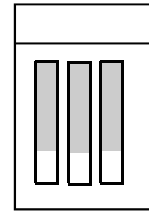
- ★ If you are taking any medication that may influence antibody levels, e.g. steroids like prednisone or immunosuppressants, please write this information on the requisition form. It is best not to use any of these types of medications for 2 months prior to testing. Antihistamine use does not affect antibody production. **Check with your health care professional before discontinuing any medication.**

Completing the Requisition

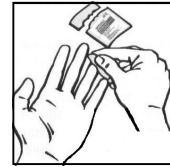
Please include the following information on the requisition and **use ball point pen** black or blue ink (no markers, gel pens or red ink) to mark the blood spot card and requisition.

- ✗ **Provider Information:** We need the health care provider's name, address, and signature (or initials) in the health care provider box. *We cannot process results without this information.*
- ✗ **Contact Information:** Please include your name and address so we know who you are.
- ✗ **Medication Use:** We need to know if you are using medications, what the dose is and when you last used it. This is particularly important if you are using medication that could affect antibody production (eg. anti-inflammatory or immunosuppressant drugs).
- ✗ **Test Order:** Please ensure that the test/s desired are clearly indicated on the requisition form.

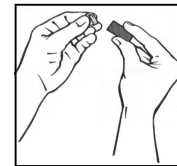
Instructions for Blood Spot Collection



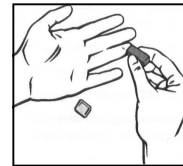
1. Pull strips out of zip-lock bag. Handle strip by the blue part only - **do not touch the white pad.** Set strips on a clean surface; pad face up.



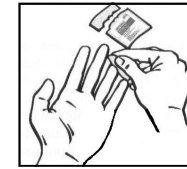
2. Use the alcohol swab to clean the middle or ring finger of your non-dominant hand.



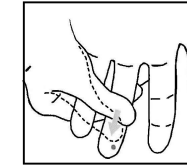
3. Remove the clear plastic cap from the lancing device.



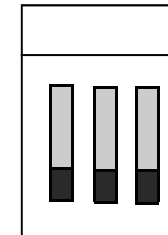
4. Place hand on flat surface (palm up) and press the lancet **firmly** against your finger. Avoid pricking the centre of the fingertip.



5. Wipe away the first drop of blood with the alcohol swab pad.



6. Holding your hand in a downward position, gently begin to 'milk' your hand starting at the wrist, and working down to the base of the finger to produce blood. If you squeeze just the finger, you may actually block blood flow.



7. Allow the blood drops to fall onto the white pad of the strip until the white pad is **completely saturated** with blood. There should be no white visible on the pad. Repeat for 2nd & 3rd strips. **Note:** A recollection fee of \$15 will be charged when we receive unsaturated strips

- ✓ When the pads of the collection strips have been filled with blood, use the bandage provided to cover the lancet puncture on your finger.
- ✓ Place the plastic cap back on the lancing device prior to depositing in trash.
- ✓ Leave the collection strips lying pad side up to **allow blood spots to dry**, which takes approximately 45 to 60 minutes.
- ✓ Once blood spot strips have dried, **place the strips in their re-sealable plastic bag**, taking care not to touch the blood spots themselves with your fingers. **Please write your name and date of collection on the label** on the outside of the bag. Samples cannot be processed without label info.
- ✓ Seal the plastic bag, place in the square cardboard mailer and **mail the sample** following directions in "Returning Samples to Rocky Mountain Analytical" instructions on back page of these Collection Instructions.