

## Sending Your Sample

**NOTE:** Samples must be shipped at room temperature and should be shipped as soon as possible after collection.

1. Place the completed laboratory requisition(s) (ie: RMA + LifeLabs) in the outside pocket of the resealable biohazard bag.
2. Place microtainer containing sample in resealable biohazard bag containing the absorbent material and seal.
3. Place the sealed resealable biohazard bag with the completed laboratory requisition(s) into kit box and close it
4. Place the closed kit box into the pre-paid return mailer, then seal the mailer.
5. Call FedEx at 1-800-463-3339 and request same day pick-up.

## Getting Results - Sample report as shown

Results will be sent to your healthcare professional approximately seven (7) to ten (10) days after your sample has been received by Rocky Mountain Analytical. Note that the sample may take several days to arrive at the lab.

Please contact your healthcare professional if you have questions regarding your results.

**Note:** Rocky Mountain Analytical staff do not discuss test results with patients.



## Microtainer Collection Instructions

**Important:** Read all instructions prior to collecting blood

### Before You Begin

- Check contents of the kit. If anything is missing, please contact your healthcare professional.

It's easier to collect blood if you:

- Are well hydrated
- Wash your hands thoroughly in warm water for at least a minute



**NOTE:** If your kit contains an SST Vacutainer and no lancets, you must have a blood draw by a trained professional. If this was not what you discussed with your healthcare professional, please contact them.

### Kit Contents

- RMA requisition form
- Laboratory collection site requisition form (when applicable)
- Collection instructions
- 1 x Blood collection microtainer in resealable biohazard bag with absorbent material\*\* (check expiry date)
- 2 x Single use auto-lancet (not for patients under 1 year)
- Alcohol swab
- Adhesive bandage
- Gauze
- Prepaid return mailer

**\*\*Important** Absorbent material must remain in the resealable biohazard bag. Do not put absorbent material in collection tube. Collection tube is for blood only.

## Patient Privacy

*Privacy Statement: Your healthcare professional's stamp or signature on the requisition is our legal authority for analyzing your blood sample. The personal information you provide is necessary for us to provide a thorough analysis. 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. info@rmlab.com | P: 403-241-4500 | F: 403-241-4501*

105 - 32 Royal Vista Dr. NW, Calgary, AB T3R 0H9  
E: info@rmlab.com | P: 403-241-4500 | F: 403-241-4501

[www.rmlab.com](http://www.rmlab.com)  
A division of LifeLabs LP

## How to Prepare

To accurately assess for food sensitivity, it is necessary to consume the suspected food. Typically two servings per week for two to three weeks prior to collection is sufficient for antibody formation. If you have avoided a food for more than six months, you should consume two servings every week for six weeks prior to collection. **CONTINUE TO AVOID** foods you previously had a serious reaction to (e.g. hives, anaphylaxis, difficult breathing).

### Notes:

- The number of antibodies produced is related to the quantity and frequency of food consumed. Your immune system typically produces few or no antibodies to foods you have not eaten recently, or eat rarely.
- Food sensitivity testing is for research and investigational purposes only.
- Rocky Mountain Analytical is an accredited testing laboratory and does not diagnose, prescribe or make specific treatment recommendations.

### Precautions:

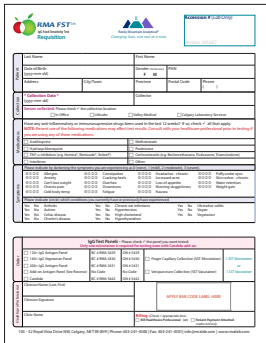
- If you are taking blood thinning medications or if you have a blood clotting disorder, discuss with your healthcare professional.
- If you are taking any medication that may influence antibody levels you may get inaccurate results.

**Collection at a patient service centre (PSC):** please ensure the RMA requisition (see below) and the laboratory requisition are completed and included in the kit for the patient to take to the PSC. Please ensure patient presents entire kit at the PSC including the completed RMA requisition, Laboratory requisition, collection instructions and kit contents.

## Lab Requisition

Check your requisition(s) to ensure it includes your healthcare professional's signature and bar code label. If either are missing please contact your healthcare professional before sending us your sample.

Complete your requisition(s) with the following:



- Legal name (first and last), address, telephone number(s) **Important: The name on your sample(s) and your requisition(s) MUST match exactly**
- Date of Birth (yyyy-mm-dd)
- Gender
- Date and time of collection (yyyy-mm-dd)
- All medication and supplements you are using as they may affect test results.

## Sample Labeling

Use permanent ink ball point pens as other inks are water soluble (e.g. roller ball ink) and may wash off containers or smear.

Complete sample label with the following:

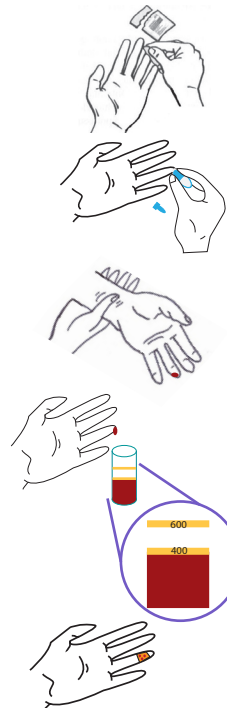
- Legal name (first and last) **Important: The name on your sample(s) and your requisition(s) MUST match exactly**
- Date of birth (yyyy-mm-dd)
- Date and time of collection (yyyy-mm-dd)

## Collection Tips

It's easier to collect blood if you:

- Are well hydrated before you start
- Wash your hands thoroughly in warm water for at least a minute
- Massage your hands together prior to collection to increase blood flow
- Watch collection video at [www.rmalab.com/patients/video](http://www.rmalab.com/patients/video)

## Sample Collection



1. Lay out the contents of the kit on a clean surface.
2. Remove the microtainer from the plastic bag. Remove the cap.
3. After wiping finger with the isopropyl alcohol pad and allowing to air dry, position the hand upright on a flat surface, with puncture site exposed. Select the area for the finger puncture. It should be on the lateral, outer whorls of the finger pad not the middle area which is closer to bone. Then press the lancet slowly and firmly until an audible click is heard.
4. Firmly wipe away the first part of the bleed with gauze to stop the clotting process and allow for a good blood drop to form.
5. Holding the punctured finger over microtainer opening, gently apply a squeeze-and-relax motion until a large hanging drop of blood forms.
6. Let blood drop fall into the microtainer. Repeat until blood level reaches the first yellow line (400) on the tube.
7. When the blood collection is complete, cap tube, package and ship sample.