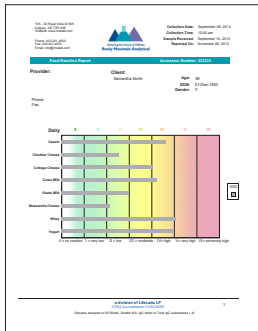


## Sending Your Sample

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

1. Place the completed laboratory requisition(s) (ie: RMA + LifeLabs) in the outside pocket of the resealable plastic bag.
2. Place all tubes containing sample in resealable plastic bag containing the absorbent material and seal.
3. Place the sealed resealable plastic bag with the completed laboratory requisition(s) in the secondary resealable plastic bag, then into kit box.
4. Place the closed kit box into the prepaid return mailer, then seal the Prepaid return 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 twenty-one (21) 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.

## 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*

## IgE-IgA-IgG Serum



## 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.



### Kit Contents

- RMA requisition form
- Laboratory collection site requisition form (when applicable)
- Collection instructions
- 5 x 5 mL Gold top SST vacutainers (check expiry date)
- 2 x 10 mL Green top serum transfer tube in resealable biohazard bag with absorbent material\*\*
- Disposable transfer pipette
- 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.

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.
- IgE food sensitivity tests cannot be used to confirm or rule out serious allergy, e.g. anaphylaxis.
- 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 this may affect test 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 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)

## Sample Collection

**Note:** Fasting is not required before drawing a sample.

Generally one Gold Top Vacutainer holds 5 mL whole blood which will yield about 2.5 mL serum. Refer to requisition for required serum volumes.

1. Perform venipuncture (this must be done by a trained healthcare professional).
2. Allow blood to clot at room temperature for 30 minutes.
3. Centrifuge at 3000 RPM for 15 minutes.
4. Using the disposable transfer pipette, transfer serum from the gold top vacutainers to the green top serum transfer tube(s). **Avoid transferring blood cells to the serum transfer tube(s).**
5. Screw the lid(s) onto the green top serum transfer tube(s) and place the tubes in resealable plastic bag with absorbent square. Seal the resealable plastic bag and place in the kit box provided.
6. Ship your sample as soon as possible (see Sending Your Sample).