



TAKE THE GUESSWORK
OUT OF YOUR DIET

Microtainer Collection Instructions

Important:

Read all instructions prior to collecting blood



RMA FST™
IgG FOOD SENSITIVITY TEST



Rocky Mountain Analytical®

Before You Begin

Check contents of the kit. If anything is missing or expired, please contact your healthcare provider.

NOTES: 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 provider, please contact them.

Kit Contents:

- Kit box (keep for shipping your sample)
- Rocky Mountain Analytical requisition form
- Laboratory requisition form (when applicable)
- Collection instructions
- 1 x blood collection microtainer in resealable plastic bag with absorbent material**
- 2 x single use auto-lancet (not for patients under 1 year)
- 1 x alcohol swab
- 1 x adhesive bandage
- 1 x gauze
- Prepaid return mailer

Check expiry date printed on label (eg. 2018-10-31)



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

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 provider.
- If you are taking any medication that may influence antibody levels, this may affect test results.



To Prepare for Collection at a Patient Service Centre

If you are visiting a patient service centre for collection, have the requisition form(s) completed ahead of time. You will be required to present the entire kit, including the completed requisition form(s), collection instructions and all other kit contents, upon your visit.

The LifeLabs Network

Patient Service Centres are available across Canada for blood collections; please ask your healthcare provider for more information.

To find your most convenient location, use the Location Finder at [LifeLabs.com](https://www.lifelabs.com).

Lab Requisition

Check your requisition form(s) to ensure it includes your healthcare provider's signature and barcode label. If either is missing, please contact your healthcare provider before collecting your sample.

Complete your requisition(s) with the following:

- Legal name (first and last), address, telephone number(s)
- Date of birth (yyyy-mm-dd)
- Gender
- Date of collection (yyyy-mm-dd)
- List all medication and supplements you are using as they may affect test results

Important! The name on your sample and your requisition(s) **MUST** match exactly.

Sample Labelling

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:

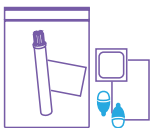
- Legal name (first and last)
- Date of birth (yyyy-mm-dd)
- Date and time of collection (yyyy-mm-dd; hh:mm)

Tips for Sample Collection

It's easier to collect blood if you:

- Watch the collection video at **www.rmalab.com**.
- Are well hydrated before you start.
- Rinse your hands in warm water for at least a minute just prior to starting the collection.
- Massage your hands together prior to collection to increase blood flow.

Sample Collection



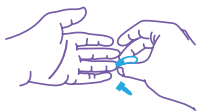
1. Lay out the contents of the kit on a clean surface.
2. Remove the microtainer from the plastic bag. Remove the cap.

3. Wipe the finger with the isopropyl alcohol pad and allow to air dry. The middle or ring finger is the preferable finger to use.

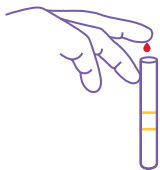
4. Position the hand with palm facing up on a flat surface. Select the area for the finger puncture. It should be on the lateral, outer whorls of the finger pad, not the middle area which is closer to bone.



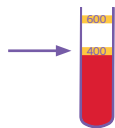
5. Press the lancet slowly and firmly against the puncture area until an audible click is heard. If done correctly, you should feel a slight prick and a drop of blood should start to pool at the site.



6. 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.



7. Holding the punctured finger over the microtainer opening, gently apply a squeeze-and-relax motion until a large hanging drop of blood forms.



8. Let the blood drop fall into the microtainer. Repeat until blood level reaches the first yellow line (400) on the tube.



9. When the blood collection is complete, cap the tube tightly, package and ship the sample.

Sending Your Sample

NOTE: Samples MUST be shipped at room temperature within 48 hours of collection.

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

Getting Results

Results will be sent to your healthcare provider approximately seven to ten business 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 provider if you have questions regarding your results.

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



Patient Privacy

Privacy Statement: The personal information collected on the requisition form(s) and any medical data subsequently acquired will be used and disclosed only as permitted or required by provincial privacy laws (and related acts and regulations). Use of the requisition form(s) implies consent for the use of de-identified patient data and specimens for quality assurance purposes in accordance with the law. Some aggregate data may be used for research purposes. Rocky Mountain Analytical's privacy policy is available at www.rmalab.com.

If you have any questions regarding this or any other issue regarding our testing, please contact Rocky Mountain Analytical
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