



**LifeLabs FST**  
IqG FOOD SENSITIVITY TEST

# Microtainer Collection Instructions

## **Important:**

Read all instructions prior  
to collecting blood

**LifeLabs**<sup>®</sup>



## 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)
- LifeLabs FST requisition form
- Collection instructions
- 1 x blood collection microtainer in resealable plastic bag with absorbent material\*\*  
Check expiry date printed on label (eg. 2022-10-31)
- 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

**\*\*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. At least 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 to which you have had a known adverse reaction or serious allergy response (hives, anaphylaxis, difficulty breathing and such).

### Notes:

- The number of antibodies may reflect the frequency and quantity of a food exposure; do keep in mind that regardless of the level of exposure, one should not be producing an excess level of immune response to their foods.
- Food sensitivity testing is for research and investigational purposes only.
- LifeLabs 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.



## Lab Requisition

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

### Complete your requisition with the following:

- Legal name (first and last), address, telephone number(s)
- Date of birth (dd-mmm-yyyy)
- Sex
- Date of collection (dd-mmm-yyyy) to be completed after the collection.

**Important!** Both the sample and requisition form should be labeled with your name, date of birth and collection date with; the information **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 (dd-mmm-yyyy)
- Date of collection (dd-mmm-yyyy) to be completed after the collection.

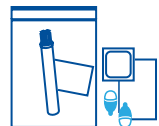
## Tips for Sample Collection

It's easier to collect blood if you:

- 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.



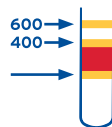
5. Press the lancet slowly and firmly against the puncture area until an audible click is heard. If done correctly, you should feel a slight prick and a drop of blood should start to pool at the site.



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 second 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 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, 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.
6. Note the waybill number if you wish to track your shipment.

## Getting Results

Results will be sent to your healthcare provider approximately five to seven business days after your sample has been received by LifeLabs. 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:** LifeLabs staff will not discuss test results with patients.



# Vacutainer Collection Instructions

## **Important:**

Read all instructions prior  
to collecting blood





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

## Before You Begin

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

### Kit Contains:

- Kit box (keep for shipping your sample)
- LifeLabs FST requisition form
- Collection instructions
- 1 x 5 mL gold top SST vacutainer in a resealable plastic bag with absorbent material\*\*  
Check expiry date printed on label (eg. 2022-10-31)
- Prepaid return mailer

## How to Prepare

To accurately assess for food sensitivity, it is necessary to consume the suspected food. At least 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 to which you have had a known adverse reaction or serious allergy response (hives, anaphylaxis, difficulty breathing and such)

### Notes:

- The number of antibodies may reflect the frequency and quantity of a food exposure; do keep in mind that regardless of the level of exposure, one should not be producing an excess level of immune response to their foods.
- Food sensitivity testing is for research and investigational purposes only.
- LifeLabs 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 completed ahead of time. You will be required to present the entire kit, including the completed requisition form, collection instructions and all other kit contents, upon your visit.

### The LifeLabs Network

Patient Service Centres are available in BC, ON and SK; 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).

**NOTE:** It's easier to collect blood if you are well hydrated.

## Requisition Form

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

### Complete your requisition with the following:

- Legal name (first and last), address, telephone number(s)
- Date of birth (dd-mmm-yyyy)
- Sex
- Date of collection (dd-mmm-yyyy) to be completed after the collection by the collector.

## 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 (dd-mmm-yyyy)
- Date of collection (dd-mmm-yyyy) to be completed after the collection by the collector.

**Important!** Both the sample and requisition form should be labeled with your name, date of birth and collection date with; the information **MUST** match exactly.



## Sample Collection

**Blood collection must be completed by a phlebotomist and/or other healthcare provider trained to draw blood.**

**NOTE:** Fasting is not required for this test.

1. Perform venipuncture.
2. Allow blood to clot at room temperature for 30 minutes.
3. Centrifuge at 1300 RCF for 10 minutes
4. Place the tube in resealable plastic bag with absorbent square.  
Seal the resealable plastic bag and place in the kit box provided.
5. Ship the sample as soon as possible (see Sending the Sample).

## Sending the Sample

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

1. Place the completed requisition form in the outside pocket of the resealable plastic bag.
2. Place the tube 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, 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.
6. Note the waybill number if you wish to track your shipment.

## Getting Results

Results will be sent to your healthcare provider approximately five to seven business days after your sample has been received by LifeLabs. 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:** LifeLabs staff will not discuss test results with patients.





## Patient Privacy

Privacy Statement: The personal information collected on the requisition form 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 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. LifeLabs' privacy policy is available at [www.LifeLabs.com](http://www.LifeLabs.com).

If you have any questions regarding this or any other issue regarding our testing, please contact LifeLabs  
[contractservices@lifelabs.com](mailto:contractservices@lifelabs.com) | P: 1-866-370-5227