

Before Collection

- Find a flat surface to collect
- Lay out the kit contents
- Write your name and date of collection on the bloodspot card and requisition
- Wash hands with hot soapy water

General Guidelines

To ensure the accuracy of your allergy test, please read the collection guidelines, once the night before collection and again immediately prior to collection. Allow 20 minutes for collection. Choose a convenient day, time, and place to begin.

Helpful Hints

- Drink a large glass of water about an hour before collection
- Rub hands together
- Always collect while standing
- Warm hands by soaking in hot water
- If you have trouble obtaining enough blood the first time, choose another finger and use the second alcohol wipe and lancet. If you are uncomfortable proceeding alone, ask someone to assist in the collection

Conflicting Medications

Some medications, including over the counter medications, may influence the results of this test. It is recommended to discontinue use of the following medications (times shown) prior to collecting. Check with your health care provider before stopping any medication.

Medication	Recommended time to discontinue use
Acid Reducers / Proton Pump Inhibitors & Inhaled asthma medications	1 Day
Anti-Inflammatory / Analgesic	5 Days (3 days for aspirin, 1 day for other OTC's)
Antihistamine	7 Days
Immunosuppressant	Speak to your doctor about discontinuing
Chemotherapy	This test not recommended

Caution

Do not use this product if you have a blood clotting disorder or are using prescribed blood thinning medications, unless otherwise advised by your healthcare provider.



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FOOD SAFE™
Allergy Test



Collection Instructions



Instructional Video At:

MeridianValleyLab.com/Foodsafe

1



Fold back cover of bloodspot collection card, lay on a flat dry surface. If you are ordering the FoodSafe Basic Food Panel (95 foods), fill the first row of five circles with blood only. If you are ordering the FoodSafe Extended Panel (95 foods), fill the second row of five circles only. If you are ordering the FoodSafe Combo Panel (190 foods), fill both rows of five circles.

2



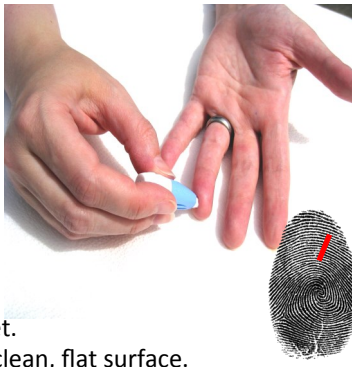
Choose a puncture site off center side of your ring or middle finger, shaded area in the above picture. Ensure that the site is hot by soaking hands in a bowl of warm water, dry hands before collecting. Hot fingers will ensure better blood flow. Wipe the puncture site clean with provided alcohol prep pad.

3



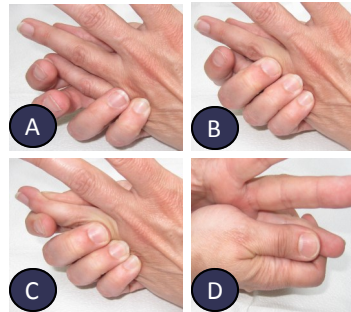
Apply rubber band to forearm to act as a tourniquet. This will promote blood flow to fingers for an easier collection.

4



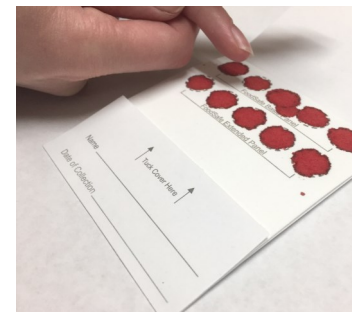
1. Twist the cap off lancet.
2. Place your hand on a clean, flat surface.
3. Make sure the lancet blade is going against the grain of the fingerprint (diagram above).
4. Firmly press against your finger at the chosen puncture site.
5. Lancet is pressure activated and will only trigger once.

5



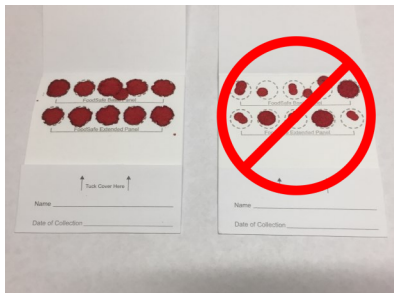
Gently milk the hand and finger in a downward motion, allowing time between squeezes for blood to flow into the finger. Do not squeeze the finger too hard or continuously as this may cut off blood flow to the finger completely.

6



When a large hanging droplet of blood forms, touch the droplet to the center of one of the collection circles, without allowing the finger to touch the card. **Fill each circle completely**, this normally requires two or more large droplets per circle. Circles must be completely filled, it is okay to go outside of the collection area. Be certain that the blood has completely soaked through to the backside of the card.

7



If necessary, use additional lancets on other fingers to complete the collection. It is important to thoroughly soak the collection circles thoroughly with blood otherwise samples may be rejected by laboratory. Above are pictures of an acceptable collection card (left) and one that will be rejected (right).

8



Use the cotton balls to stop blood flow. Apply adhesive bandage if needed.

9



Allow bloodspot card to air-dry overnight before folding cover over top of the collection circles. Avoid exposure to direct sunlight, extreme temperatures, or humidity. Once thoroughly dry, fold cover over dried bloodspot circles. Place into provided biohazard bag and seal shut. Place biohazard bag and requisition form in provided return envelope and mail.