

BLOOD SPOT CARD

AA/EPA, EFA, Omega 3 Collection Instructions

COLLECTION REQUIREMENTS

If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service on 1300 688 522 who will clearly explain the procedure.

Before proceeding, please check the following guidelines. Without taking these precautions your results may be inaccurate.

IMPORTANT NOTES:

- **Please read all instructions carefully before starting.**
- **Some people may prefer to have a friend help collect the blood samples.**
- **Payment must be received with specimen for test to be performed (credit card, cheque or money order).**

If you are under the care of a health care practitioner, testing should be professionally requested and interpreted. Patient self-request tests are not intended for the purpose of diagnosing illness or disease, but for monitoring of dietary and lifestyle changes.

13. Ensure that all sections on the NutriPATH request form are completely filled out, this includes (patient name, date of birth, Residential address and credit card details)
14. Place the completed request form in the open compartment of the specimen transport bag.
15. Complete the 'NutriPATH Patient Checklist Form' to avoid any delays.
16. Place this bag into the provided reply paid envelope and post back to NutriPATH as soon as possible.

Thank you for your request, Results will be forwarded to your referring practitioner between 14 to 20 working days, depending on the analyses requested.



BLOOD SPOT CARD

KIT CONTENTS

Check contents of kit. If items are missing OR you have any questions regarding this kit, please contact Customer Service on 1300 688 522.

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|-------------------------------------|-----------------------------|
| 1 x Sterile alcohol wipe | 1 x Request form |
| 1 x Lancet (single use only) | 1 x Padded post envelope |
| 1 x Blood spot card (1 test circle) | 1 x Specimen transport bag |
| 1 x Adhesive plaster | 1 x Collection instructions |
| 1 x Specimen container bag (small) | |

SPECIMEN COLLECTION

1. Take blood spot card out of the small specimen container bag. **DO NOT** touch the white circled area of the card.
2. Set the blood spot card on a clean surface, with pad facing up.
3. Write your full name, date of birth and date of collection on the blood spot card where information is required.
4. Wash hands thoroughly in warm water. Run hands under warm water for 1 minute and dry thoroughly.
5. Choose the tip of finger or thumb to perform the test and wipe proposed puncture site with alcohol wipe. Allow to dry without touching again. Keep the alcohol wipe close by.
6. For steps 7-10 we strongly recommend having someone assist you in order to get the best results. Before helping, a glove should be worn by family or friends assisting with the finger prick.
7. Hold the lancet at larger end and twist off smaller purple protective cap. (NOTE: Do not use lancet if protective cap has been previously removed.)
8. Lightly press the smaller end of lancet against the fingertip and press the larger purple button. If done correctly a 'click' should be heard and a brief prick should be felt. The lancet automatically retracts after use. **No chance for repeat use of lancet.**
9. Press the finger firmly from below the puncture site to let out a drop of blood. Wipe off the first drop of blood with the alcohol wipe and discard.
10. Squeeze puncture site again gently so that drops of blood form and allow it to fall on the circle of the blood spot card. Collect enough blood so that the white circled area is completely soaked with blood and there is no more white area showing.
11. Allow the blood spot card to air dry for at least 3 hours. **DO NOT APPLY HEAT.**
12. Once the sample is completely dry, Place the card into small specimen carrier bag and then directly into the Express post Envelope.

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