

13. When dry, tuck the cover into the front of the card. Place Card into small specimen container bag.
14. Place small specimen container bag with test card into re-sealable section of larger specimen transport bag.
15. Ensure that all sections on the patient questionnaire form as well as the NutriPATH request form are complete. This includes (patient name, address, date of birth and credit card details).
16. Complete the “NutriPATH Patient Checklist Form” to avoid delays.
17. 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.

MICRO SAMPLE BLOODSPOT CARD 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:

- Patient should not be on immunosuppressive medication eg. steroids, antihistamines or anti-inflammatory medications.
- For blood Lipids, Insulin, HbA1c or hsCRP, the patient should fast overnight for 10 -12 hours before collecting the sample.
- For FSH measurement, collect on Day 3 of menstrual cycle.
- The blood sample can be taken from any part of your body, but finger or thumb is preferable.
- Payment must be received with specimen for test to be performed (credit card, cheque or money order).

PO Box 442, Ashburton, VIC, 3147

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.

KIT CONTENTS

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

- | | |
|--------------------------------------|-----------------------------|
| 1 x Sterile alcohol wipe | 1 x Request form |
| 2 x Lancets (single use only) | 1 x Padded post envelope |
| 1 x Bloodspot card (12 test circles) | 1 x Specimen transport bag |
| 1 x Adhesive plaster | 1 x Collection instructions |
| 1 x Specimen container bag (small) | |

SPECIMEN COLLECTION

1. Collect the sample in the morning upon waking and before consuming any food or drinks (**Fasting sample**).
2. Take the blood spot card out of the small specimen container bag. DO NOT touch the 12 white circled areas of the card.
3. Set the blood spot card on a clean surface, facing up. Taping the card to a flat surface so it does not move. This will assist in the collection process.
4. Write your full name and date of birth on blood spot card in the lower front section of the card.
5. Wash hands thoroughly in warm water. Run hands under warm water for 1 minute and dry thoroughly.
6. Choose the tip of the ring finger to perform test and wipe puncture site with alcohol wipe. Allow to dry without touching again. Keep the alcohol wipe close by.
7. For steps 7-10 we strongly recommend having someone assist you in order to get best results. Before helping, a glove should be worn by family or friends assisting with the finger prick.
8. Hold lancet at larger end and twist off smaller purple protective cap. (NOTE: Do not use lancet if protective cap has been previously removed.)
9. 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.**
10. In order to get a good flow of blood, ensure your hand is lower than your waist. 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.
11. Milk the finger gently so that drops of blood drip onto each of the white circles. Allow the blood drop to form and fall on the first circle on the blood spot card. Collect enough blood so that the 12 white circled areas are completely soaked with blood and there is no more white area showing in each of the 12 circles.
12. Allow the blood spot card to air dry for at least 3 hours. **DO NOT APPLY HEAT.**