



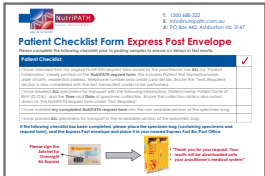
Allow the sample to air dry completely by propping the card up, leaving the sample to air dry for at least 3 hours. Keep specimen away from moisture and sunlight.



Once fully dried, **tuck the cover into flap as indicated** and place the sample into the specimen transport bag.



Ensure that all sections of your original NutriPATH request form issued by the practitioner is correct. This includes (patient name, address, date of birth and credit card details). Once verified, place the request form in the open compartment of the specimen transport bag.



Complete the 'NutriPATH Patient Checklist Form' to avoid any delays.



Place the request form and the specimen transport bag into the provided reply paid padded envelope and post back to NutriPATH as soon as possible.

To view a demonstration video on how to collect your sample, please visit our website [www.nutripath.com.au/igG](http://www.nutripath.com.au/igG) and click on collection method video.

**“Thank you for your request, Results will be forwarded to your referring practitioner between 7-14 working days, depending on the analyses requested.”**



**NutriPATH**  
INTEGRATIVE PATHOLOGY SERVICES

T: 1300 688 522  
E: [info@nutripath.com.au](mailto:info@nutripath.com.au)  
A: PO Box 442, Ashburton VIC 3147



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# IgG or IgA ALLERGY PANEL

## 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 through the following guidelines. Without taking these precautions your results may be inaccurate, or may result in a possible recollection being required.**

### IMPORTANT NOTES

#### DIET:

- It is suggested that you maintain your usual dietary habits and consume a variety of tested foods when possible within a couple of weeks prior to sample collection.
- Strictly avoid eating foods that may have potentially resulted in a previous adverse reaction and/or anaphylaxis.

#### MEDICATION:

- Patient should not be on immunosuppressive medication. E.g. steroids, antihistamines or anti-inflammatories. Other medications include: (Corticosteroids (e.g. prednisone, beclomethasone, fluticasone, and triamcinolone). For purposes of the assessment, the suggested time period to abstain from these is four weeks or until symptom aggravation.

# IgG/IgA Food Allergy Collection Kit

**Please note:** 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 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 Collection Card	1 x Specimen transport bag
1 x Collection instructions	1 x Band-Aid

## SPECIMEN COLLECTION:



Remove the collection card from the specimen transport bag. **On the front of the blood spot collection card PRINT IN BLOCK LETTERS** first/surname, date of birth and the date of collection. Ensure that these details are identical to the request form issued by your practitioner. *Unlabeled cards will be rejected.*



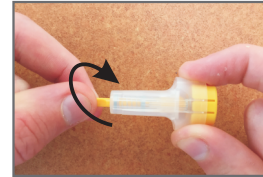
Unfold the cover to expose the blood collection pad. Continue the fold as you peel away from the back of the blood collection pad, exposing the back of the blood collection pad. *Hold the card without touching the collection circles on the pad.*



Make a fold as indicated in the image on the left. It is important that the blood is not in contact with the cover. *Tip: Taping the outer cover to the edge of the table top will help stabilize the Blood Collection Card.*



Wash hands thoroughly with soap and warm water then dry your hands. Use the provided alcohol wipe to clean the tip of the finger.



Twist off the tab to break seal on lancet as illustrated in the diagram. (Please note the lancet is a one-off use only)



Position lancet against the inside tip of the nominated finger. To ensure a good puncture is performed, **press down firmly on the puncture site and click the button until an audible click is heard.**



Gently press the pricked finger from below the puncture site to allow for a large drop of blood to form.

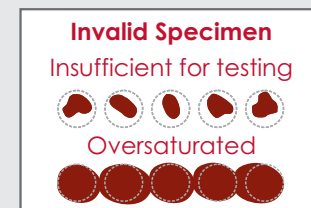
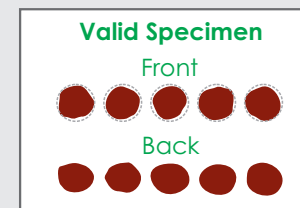
*Important: Wipe away the first drop of blood with the provided alcohol wipe.*



Apply a hanging drop of blood within each circle on the Blood Spot Collection Card.

Your completed blood spot card should look like the image labelled as **"Valid Specimen"**.

If the sample collected looks more like an **"Invalid Specimen"** a rejection may occur.



*Uneven and incomplete applications will be rejected.*

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