

Contents



Shipping materials are also provided.

General Guidelines

- Avoid strong repetitive pressure ('milking') on the pricked finger. This may cause hemolysis or tissue-fluid contamination of the specimen.
- Do not rub or smear the blood sample.
- Air dry only.
- Missing or incomplete information on the test requisition form will delay the processing time of your specimen.
- Allow a sufficient quantity of blood to soak through to completely fill in the preprinted circle on the filter paper.
- Test results are sent directly to your practitioner's office and may take 5–10 business days from the date your specimen is received by the lab.

Diet

It is suggested that you maintain your usual dietary habits and consume a variety of foods when possible within a couple weeks prior to blood collection, unless advised otherwise by your healthcare practitioner.

Avoid eating foods that may have potentially resulted in a previous adverse reaction and/or anaphylaxis, as secondary exposure may prove fatal.

Warnings and Precautions

- The kit contains a biohazard bag containing a desiccant. To preserve the integrity of the desiccant, do not leave the bag open before, during, or after blood collection. Leave the desiccant inside the bag with the collected specimen and seal the bag tightly for shipment.
- The materials provided in the kit are for one time use only. Do not reuse the lancet. Do not reuse or use the blood collection paper for more than one blood sample.
- Do not perform this test if you are taking blood thinning medications or if you have a blood clotting disorder unless authorized by your healthcare practitioner.
- The lancet is not suggested for use on children younger than one year old. Pediatric lancets and heelsticks are available upon request.
- Blood samples should not be collected from swollen or previously punctured sites, earlobes or fifth fingers. The fifth finger must not be punctured because the tissue-depth is insufficient to prevent bone injury.

Intended Use:

DM6 HEALTH's Laboratories Whole Blood Specimen Collection Kit is intended to be used as a medium to collect and transport a blood specimen to the laboratory for testing.

Medication

We strongly recommend consulting your healthcare practitioner prior to making any changes to your current medication regimen.

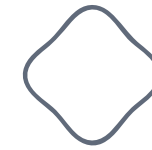
Immunosuppressive drugs such as oral or intranasal corticosteroids (e.g. prednisone, beclomethasone, fluticasone, triamcinolone) and topical cortisone suspensions and creams, in addition to immune-modulating drugs, may affect test results for antibody assessment.



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DM6 HEALTH

Dried Blood Spot (DBS) Collection & Shipping Instructions

Food & Inhalant IgA/IgG/IgG4 Antibody Assessment
Panels Candida Antibodies & Antigen Panel



Read this document carefully before using the contents of this package.

DM6 HEALTH's Specimen Collection and Shipping Instructions for Dried Blood Spot (DBS) is permitted for use under the guidance of a healthcare practitioner. Please contact your practitioner with any questions or concerns regarding proper lancet use.

Preparation



Requisition Form

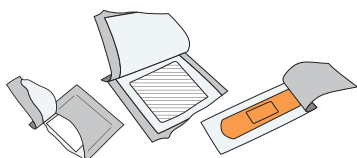
Fill out Patient section.

Blood Spot Collection Card

Print your Name, Date of Birth, and Date of Collection in provided fields.

- Name on Card and Req. Form must match.
- Unlabeled cards will be rejected.

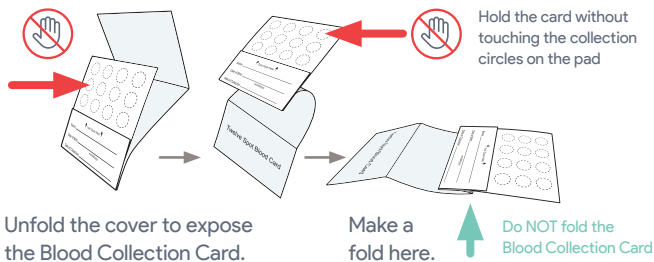
Lay Out Collection Materials



Alcohol Swab/Gauze/Bandage

Tear open packages, leaving swab, gauze, and bandage inside until use.

Prepare Collection Card

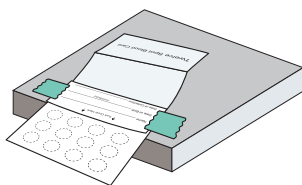


Unfold the cover to expose the Blood Collection Card.

Make a fold here. **Do NOT fold the Blood Collection Card**

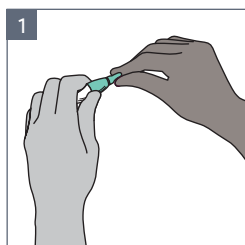
Tip:

Taping the outer cover to the edge of the table top may help stabilize the Blood Collection Card.

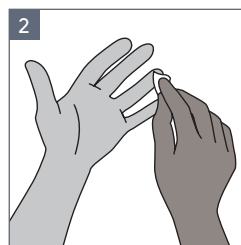


Wash hands for 30-60 seconds under warm water. Warming your hands before collection can increase blood flow to your fingers and make specimen collection easier.

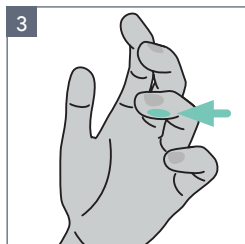
Collection



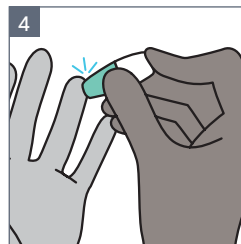
Twist off the blue tab to break seal on lancet. (Do NOT touch or depress white tip)



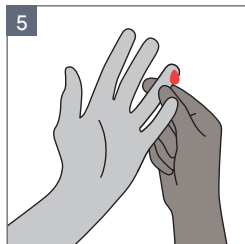
Use the provided alcohol pad to clean the tip of the finger. (3rd finger or 4th finger)



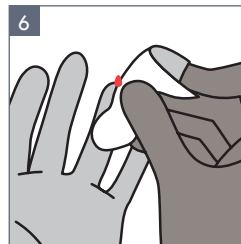
Place the tip of the lancet against the side of the fingertip. (The side facing the 5th finger)



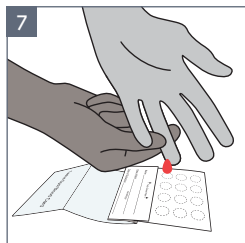
Press down firmly until an audible click is heard.



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



Wipe away the first drop of blood with the gauze.



Hold finger downward to allow blood to drop onto circles.

Tip:

Filling more than the required number of spots is recommended if you have continued blood flow, ensuring ample specimen quantity for testing.

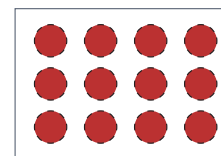
Make sure blood saturates through to the back of the card.



Once specimen collection is completed, apply the provided bandage to the puncture site.

Diagrams of the Blood Spot Collection Card

Valid Specimen:

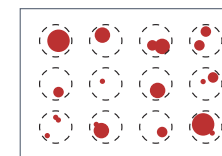


Front AND Back

Sufficient for Testing

Blood must saturate through to the back of the card.

Invalid Specimen:



Front AND Back

Insufficient for Testing

Uneven and incomplete application will be rejected.

Blood Spot Reference

Please reference the number of blood spots required to be filled for each test type. If conducting multiple tests in one collection, please add the amounts together.

- Environmental Allergy: 10
- Food Allergy: 10
- Food Sensitivity (Essential): 4
- Food Sensitivity (Vegetarian): 5
- Food Sensitivity (Comprehensive): 7
- Vitamin D: 4

Drying

Air-dry completely. Prop the card up or leave taped on table and let air-dry for at least 3 hours. Keep away from moisture and sunlight. It is important that the blood is not in contact with the cover.

Once fully dried, tuck the cover into flap as indicated. Insert the Blood Spot Collection Card into the biohazard bag containing the desiccant and seal tightly (each resealable bag holds a maximum of 5 cards).

Shipping

Shipping Within Canada

Shipping Contents Include:

- 1 Envelope
- 1 Return Label

Please drop off at your nearest Canada Post.

Shipping Outside of Canada

Customer is responsible for shipping costs.