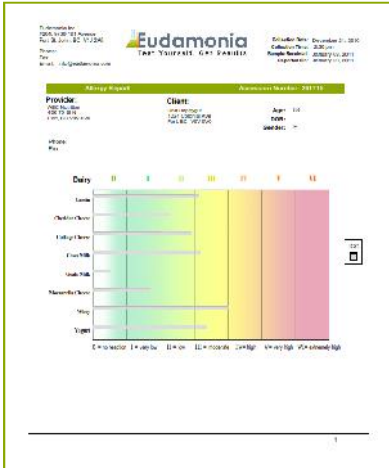


Getting Your Results

Approximately 2 to 3 weeks after we receive your sample, your test report will be sent to your health consultant,

- ◆ A sample test report:



- ◆ Please contact your health consultant if you have questions regarding your results.

For Health Consultants

- ◆ Please affix your provider bar code label to the requisition and sign it. This helps ensure you receive results in a timely manner. Call client services if you require bar code labels.
- ◆ Please remind clients to include **date of birth** and **collection date and time** on the requisition. These are required to process the sample.
- ◆ Remember to mark the test panel you want to order for your patient.



- ◆ Advise your clients to eat as many of the foods on the list as possible (avoiding those to which he/she has had a previous severe reaction). The full list of allergens is available online at www.Eudamonia.com (click on Food allergy tests link).

Important

Ensure strips are completely saturated (no white showing through) and that you are sending the correct number of strips for the test panels requested.

Collection Instructions

IgG Standard General Allergy Blood Strips



IMPORTANT:

Please read all instructions prior to collecting blood

Preparing for Collection

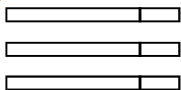
- ◆ Eat a minimum of two servings of each food (see allergen list on our website) to be tested in the 7 days prior to sample collection, but avoid eating any foods which you have previously had a serious reaction to.
- ◆ **Note:** The number of antibodies produced is related to the quantity and frequency of food consumed. Your immune system will not produce antibodies to foods you have not eaten recently. This may lead to a false negative result.

1

Name: _____
Date of Birth: _____
Collection date: _____

Print your name, date of birth and the date of collection in pen on the bag label for collection strips.

2



Take out the collection strips. Lay out the strips with the white padded end facing up. Make sure you have enough strips for the test panel chosen. (Refer to Requisition.)

3



Remove the clear cap from the top of the auto-lancet.

4



Clean your finger with the alcohol swab provided. Let the alcohol dry. Having warm hands and being well hydrated will make it easier to collect blood.

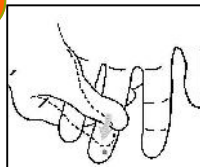
Collecting Your Sample

1



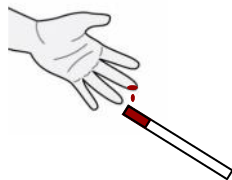
Press the uncapped end of the auto-lancet against the tip of your finger. A needle will poke the tip of your finger, then recede back into the device.

2

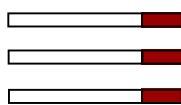


With arm pointing downward, gently push your thumb along your arm, starting at wrist and work down to your finger until a hanging drop of blood forms. Avoid squeezing the finger as this may block blood flow.

3



Let the drop of blood fall onto the white pad at the end of the strip. Continue to add drops of blood until each strip is completely saturated with blood. There should be no white visible on the pad when the strip sample is held up to the light.



Please fill the required number of strips with blood. Check with your provider if you are unsure how many strips to fill.

5



Allow the **blood to dry completely** (this may take an hour or more) before placing the strips in the plastic resealable bag.

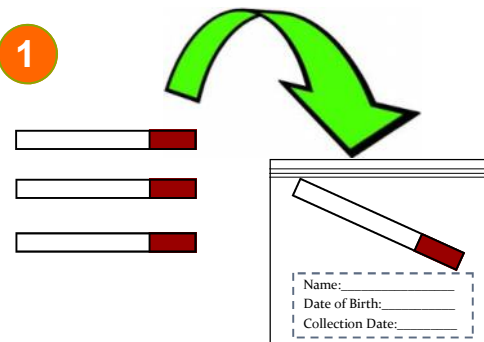
6



Bandage the wound on your finger. Recap and dispose of the auto-lancet.

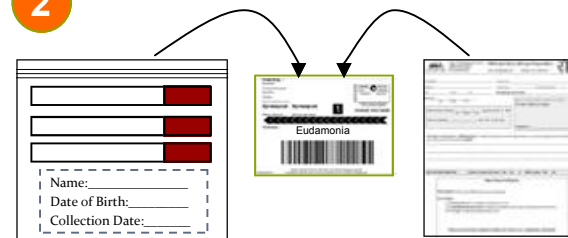
Mailing Your Sample

1



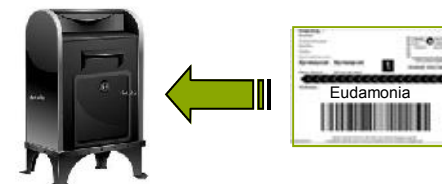
Place the **dry** collection strips inside the plastic resealable bag and seal it.

2



Ensure the required number of **dry** collection strips and the signed requisition form are placed in the prepaid mailer

3



Seal the flap of the prepaid mailer and write your return address (including postal code) in the top left corner. Drop the addressed prepaid mailer into any Canadian mailbox.