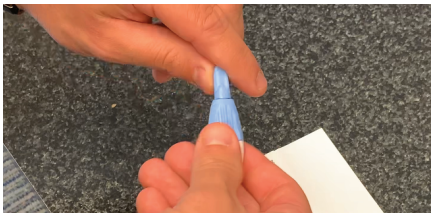


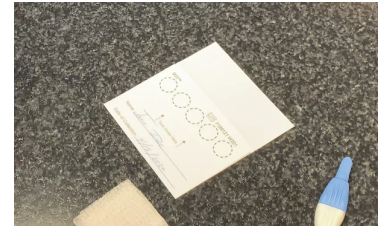


# BLOOD SAMPLE COLLECTION INSTRUCTIONS (5 or 15-SPOT BLOOD CARD)

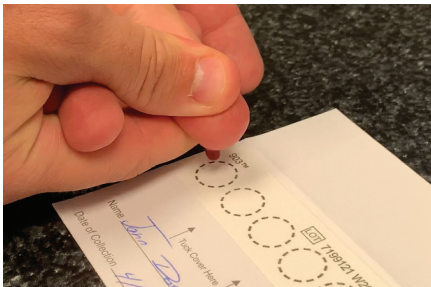
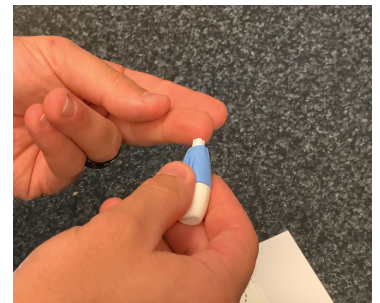
1. Write down your sample tracking number from the shipping label on the white envelope.
2. Write your name, date of birth (on 15-spot), and date of collection on the blood card. **Unlabeled cards will be rejected by the labs.** On the 15-spot card, mark the appropriate food sensitivity test ("208 Foods and 48 Inhalants").
3. Unfold the cover to expose the Blood Collection Card.
4. Wash your hands thoroughly with soap and warm water then dry your hands.



5. Use the provided alcohol pad to clean the tip of the finger (**ring or middle fingers are best**).
6. Twist off the tab to break the seal on the lancet.



7. Position the lancet against the inside tip of the finger. Push down **firmly** until an **audible click** is heard.
8. 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 provided gauze.**



9. Let the hanging drop of blood fill each circle on the Blood Spot Collection Card. **Let it fall - DO NOT touch the card. Also, DO NOT drip blood droplets on top of each other.**
10. **Air-dry the card for at least three hours. Keep the specimen away from moisture and sunlight! Store in the refrigerator if not mailing out immediately.**

**Items that need to be returned to the lab:**

- The envelope containing the **Blood Spot Collection Card**
- **Fully filled and signed Requisition Form**

