

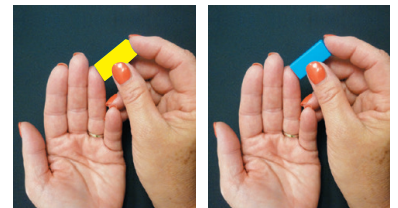


## Before You Begin

1. Fill out the Test Requisition Form (TRF) completely. Please print clearly. Include your physician or health care practitioner's approval in the space provided on the Test Requisition Form. A physician authorization can be attached to the requisition.
2. Discuss with your healthcare provider if you are taking blood thinning medications or if you have a blood clotting disorder.
3. Hydrate with plenty of water (2-4 eight ounce cups) a few hours prior to collection.
4. Fill out the DBS Collection Card. Include patient's name and the date. Barcode space is for laboratory use only.
5. Wash hands with soap and warm water.
6. If you have any questions, please call Customer Service at 913-341-8949 or email CustomerService@GPL4U.com.

## Dried Blood Spot (DBS) Instructions – Use the Lancet Provided

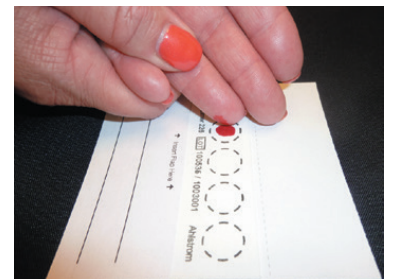
1. Using the lancet provided, twist off the yellow or blue tab and pull straight out.
2. Place finger firmly against a hard surface and press lancet to puncture finger. *Using side of fingertip may cause less discomfort.*
3. Wipe off the first blood drop with the same alcohol swab and massage the entire length of the finger as needed to form a large, hanging blood drop.
4. Place a large free-flowing drop of blood on each circle, making sure not to touch collection card with finger. If circle is not filled completely, place additional drops immediately on the same circle.



Lancet may be either yellow or blue.

**The lancet needle retracts immediately after use, leaving the device safe for disposal in a regular trash can. DO NOT return the lancet with sample. Lancets are for one time use only.**

5. If more blood is needed for Vitamin D or IgG Food MAP, wipe with alcohol pad again and massage finger to assist blood flow. Be sure to use the second lancet provided as each lancet is for one time use only.
6. Full blood spot circles are required in order to run the test. Completely fill the spot(s). Once dried, DO NOT place additional drops on the same circle.
7. Bend the card to allow the blood spots to air dry at room temperature for 3-8 hours. Avoid touching or smearing the blood spots. Keep away from direct sunlight and heat sources. Do not stack or allow DBS card to touch other surfaces while drying.

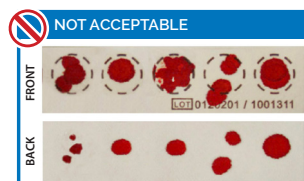


All Dried Blood Spot specimens received at the lab are examined for specimen acceptability. Your sample will be rejected if it is not a satisfactory specimen and a re-collection may be necessary.

### Vitamin D (5 full dried blood spots)

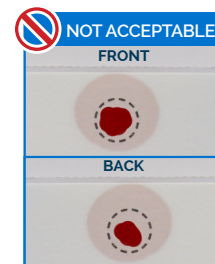
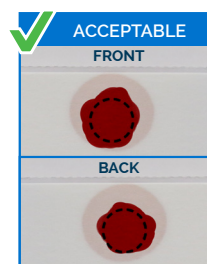
### IgG Food MAP with Candida + Yeast (5 full dried blood spots)

If the patient needs both Vitamin D and IgG Food MAP, then 2 full cards must be submitted.



### Omega-3 Index Complete Test

### (1 full dried blood spot)



## Preparing and Shipping Specimens

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1. After the 3-8 hours of drying time, place the DBS card into the biohazard zip-lock bag with dessicant pack and seal.
2. Keep away from direct sunlight and heat sources. Keep packaged DBS card cool and dry until transported to the lab. Avoid leaving in vehicles, as sun and heat will deteriorate the sample.
3. Place the zip lock bag in the prepaid FedEx Return Envelope. Place completed Test Requisition Form and other forms that may apply into the envelope. Be sure to seal.
4. Call FedEx at 1-800-463-3339 to schedule a pickup or take to FedEx location. Mention you need to schedule a pick-up using a billable stamp. Do not put kits in a FedEx drop box.