

# Patient Guide



## Bloodspot Collection

**Essential & Metabolic  
Fatty Acids Bloodspot**  
#3540\*

**IgG Food Antibodies  
Bloodspot #1019\***

\*Not Available in New York

## BEFORE YOU BEGIN

# Activate This Test

Visit [gdx.net/activate](https://gdx.net/activate) and enter the number found on the Activation Label Card included with this collection pack.

## STEP 1

### Plan Your Collection

- Ship Monday thru Friday and avoid US holidays which may cause delays.
- Return specimens within 24 hours after final collection

#### 4 Days before Collection

- Consult your healthcare provider about stopping medications and supplements.

#### Night Before Collection

- Fast overnight. Water is okay.

**Please follow the QR code to review Test Preparation for the IgG Food Antibodies Bloodspot**



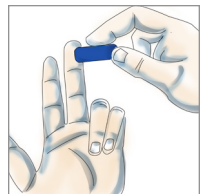
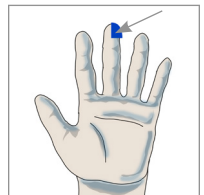
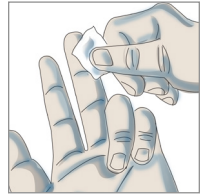
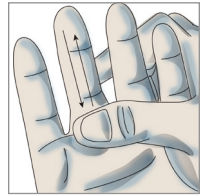
## STEP 2

# Specimen Collection

1. **Review** instructions from your healthcare provider at [gdx.net/activate](https://gdx.net/activate).
2. Write your **date of birth** (DOB) and the **date of collection** on the labels provided. Attach a completed label to the **blood spot card**.

## Collect Blood Spots

1. **Wash** hands with warm water for at least 20 seconds. Dry hands.
2. To improve circulation:
  - Hold your hand lower than heart level and gently massage the entire length of the middle finger for 30 seconds.
  - Firmly grasp the top knuckle of the middle finger for a few seconds.
  - Hang arm down and gently shake your fingers.
3. **Clean** the tip of your finger with the alcohol pad.
4. **Remove** clear cover from the lancet. One end has a small hole in the center; **press** that end firmly against the appropriate location on your middle fingertip (see image) to engage the lancet.



5. Using your thumb, **gently massage** the entire length of the pricked finger to form blood drops. **Touch** the tip of each drop to a circle on the collection card. **Do not smear**. It is important you **do not touch your fingertip to the card**. Continue until blood has soaked to the border of the circle.



6. **Continue** this procedure until all four circles are filled. **If you are unable** to get enough blood from the first collection, repeat this procedure with a different finger.
7. Allow the collection card to **air dry 24-hours** then return to the biohazard bag with absorbent silica pack. If the card is not completely dry, your sample may be unusable.

### STEP 3

## Return Collection Pack

1. Place the biohazard bag with **bloodspot card** and absorbent silica pack inside the cardboard box. Ensure that bloodspot has a **completed label attached to the card**.
2. Visit **gdx.net/activate** to enter the date of your final collection and receive your **confirmation code**. Write the date of collection and your confirmation code on the **activation label card**.
3. **Close the cardboard box** and **place** inside the **FedEx shipping bag**. Follow the shipping instructions provided.

