



Meridian
Valley LAB

ALLERGY PANELS E-95, A-95, COMBO AND/OR INHALANT Collection & Shipping Instructions

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CAREFULLY READ ALL SHIPPING AND COLLECTION INSTRUCTIONS THOROUGHLY BEFORE STARTING.

PLEASE NOTE: When shipping specimens back to Meridian Valley Lab, send Monday through Thursday Only. **DO NOT SHIP ON FRIDAYS AS DELIVERIES ARE NOT ACCEPTED ON SATURDAY OR SUNDAY.**

OBSERVED HOLIDAYS ARE AS FOLLOWS: NEW YEARS DAY, MEMORIAL DAY, FOURTH OF JULY, LABOR DAY, THANKSGIVING DAY AND THE DAY AFTER, AND CHRISTMAS DAY. DO NOT SEND SAMPLE(S) THE DAY PRIOR TO OR THE DAY OF A HOLIDAY.

NOTE: *Hemolyzed and/or lipemic specimens are NOT acceptable for the Inhalant panel. Lipemic samples are NOT acceptable for the E-95, A-95, or Combo food allergy panels*

INTERFERING SUBSTANCES

Prednisone may interfere with the results of the test. Please consult your physician about discontinuing Prednisone before testing. **IT IS NOT ADVISED TO ABRUPTLY STOP USE OF PREDNISONE – YOU MUST TAPER OFF TO AVOID ADVERSE REACTIONS AND COMPLICATIONS.**

Some medications, **including over the counter medications**, may influence the results of this test. It is recommended to discontinue use of the following medications (times shown) prior to collecting. **Check with your health care provider before stopping any medication.**

Healthcare provider: If you have any questions regarding days to avoid a medication please do not hesitate to contact us.

Please call 425.271.8689 with questions or Toll Free 855.405.8378
Monday through Friday 7:00 am – 5:30 pm PST

Meridian Valley Laboratory
801 SW 16th St Suite 126
Renton WA 98057
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Medication	Recommended time to discontinue use
Acid Reducers/Proton Pump Inhibitors & Inhaled asthma meds	1 day
Anti-Inflammatory/Analgesic	5 days (3 days for aspirin, 1 day for other OTC's)
Antihistamine (Incl. eye/nose treatments and OTC)	7 days
Immunosuppressant	Speak to your doctor about discontinuing
Chemotherapy	This test not recommended

COLLECTION INSTRUCTIONS

1. If collecting for E-95, A-95 or Combo **ONLY**, draw one SST. If collecting for inhalant **ONLY**, draw one SST. If collecting for E-95, A-95, or Combo **PLUS** inhalant, then draw **TWO** SSTs. **Suggested Serum Requirements:**
1.5 mL for E-95 or A-95 2.5 mL for Combo E-95 and A-95
4.0 mL for Inhalant (2 mL minimum)
2. Allow at least 30 minutes for the blood to clot.
3. Centrifuge for at least 10 minutes.
4. Place the separated serum into the transfer tube. Make sure the tube is capped tightly.
5. Stretch parafilm over and around cap. **DO NOT PLACE PARAFILM UNDER CAP.**
6. Complete the enclosed requisition; including method (if required).

SHIPPING INSTRUCTIONS

1. Place the specimen in biohazard bag.
2. Place the requisition in the outside pocket of the biohazard bag.
3. Place the biohazard bag into the cardboard shipping box.
4. Place the shipping box in the UPS next day air pack and seal securely.
5. Place return shipping label with barcode on outside UPS next day air bag.
6. Save return receipt with the tracking number for your records.
7. Call UPS toll free at **1.800.742.5877** for a pickup or for the nearest drop location. UPS will only pick up on weekdays.
8. When calling for UPS pickup, request **“ON CALL AIR”** only. **DO NOT request a one-time pickup.** Meridian Valley Lab pays for **“ON CALL AIR”** only. UPS expects the patient to pay for a one-time pickup.

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