

General Guidelines

To ensure the accuracy of your allergy test, please read the collection guidelines, once the night before collection and again immediately prior to collection. Allow 20 minutes for collection. Choose a convenient day, time, and place to begin.

Before Collection

- Find a flat surface to collect.
- Lay out the kit contents.
- Write your name and date of collection on the Blood Sample Card.

Helpful Hints

- Drink a large glass of water about an hour before collection
- Rub hands together
- Collect while standing
- Warm hands by soaking in hot water until visibly reddened.
- Swing arm in a circle or back and forth at your side to encourage blood flow
- If you have trouble obtaining enough blood the first time, choose another finger and use the second alcohol wipe and lancet. If you are uncomfortable proceeding alone, ask someone to assist in the collection

Conflicting Medications

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.

Medication	Recommended time to discontinue use
Acid Reducers / Proton Pump Inhibitors & Inhaled asthma medications	1 Day
Anti-Inflammatory / Analgesic	5 Days (3 days for aspirin, 1 day for other OTC's)
Antihistamine	7 Days
Immunosuppressant	Speak to your doctor about discontinuing
Chemotherapy	This test not recommended



Instructional Video At:

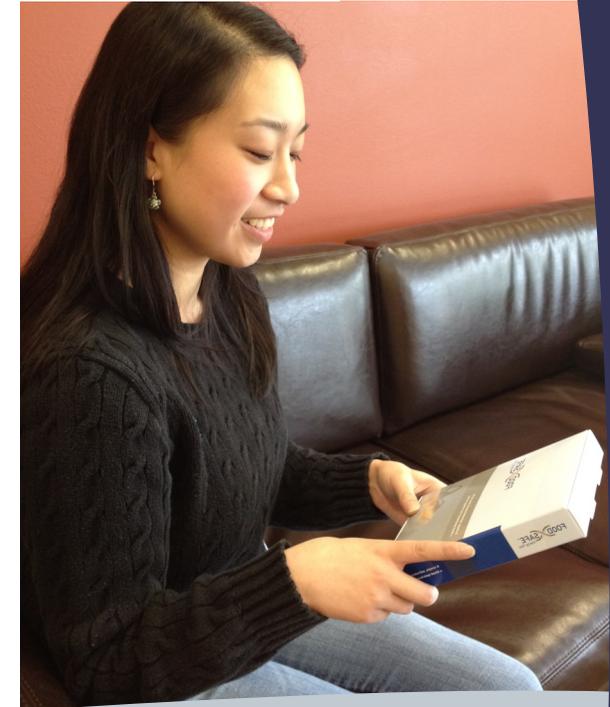
MeridianValleyLab.com/Foodsafe

Caution

Do not use this product if you have a blood clotting disorder or are using prescribed blood thinning medications, unless otherwise advised by your healthcare provider.

This test does not detect IgE-based immediate type food allergies. Only IgG₄ delayed food allergies are detected with this test.

FOOD SAFE™
Allergy Test



Collection Instructions



6839 Fort Dent Way. Ste. 206
Tukwila, WA 98188

Tel: 206.209.4200
Toll free: 855.405.TEST
Fax: 206.209.4211

info@meridianvalleylab.com
MeridianValleyLab.com

Kit Contents



- 1 Requisition Form
- 1 Blood Spot Card
- 1 Rubber band tourniquet
- 2 Lancets
- 2 Alcohol Prep Pads
- 2 Cotton Balls
- 2 Adhesive Bandages
- 1 Return Mailing Bag
- 1-2 Day UPS Envelope

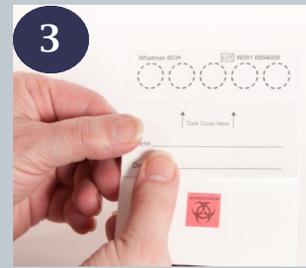
Please be certain to fill all of the blood collection circles completely. If each one is not filled completely, the sample will be rejected.



Write name and collection date on Blood Spot card where indicated.



Fill out requisition form completely and make sure to include payment. All foods listed will be tested. Additions or deletions may NOT be requested.



Fold back cover of blood spot card and lay on a flat dry surface.



Wash hands vigorously in hot soapy water. Dry hands completely. Swing arms at sides while standing and continue to keep hand below your heart. Ensure hands are visibly reddened.



Apply rubber band to forearm to act as a tourniquet to promote adequate blood flow to fingers.



Choose a puncture site off-center side of your ring or middle finger (shaded area in picture). Ensure that site is hot. This will ensure better blood flow. Wipe clean with alcohol prep pad.



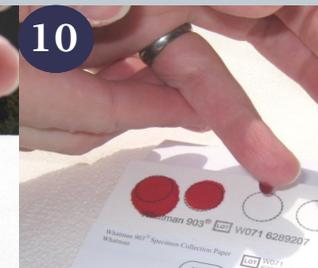
1. Twist the cap off lancet.
 2. Place your hand on a clean flat surface
 3. Make sure the lancet blade is going against the grain of the fingerprint.
 4. Firmly press against your finger at the chosen site
- *Lancet is pressure activated



Gently "milk" the hand and finger in a downward motion, allowing time between squeezes for blood to flow into the finger.



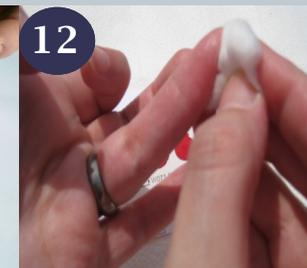
Do not squeeze finger too hard or continuously as this could cut off blood flow to the finger completely.



When a large hanging droplet forms, touch the droplet to the center of one of the circles on the card without allowing your finger to touch the card. Fill the circle completely (this usually requires two or more large droplets).



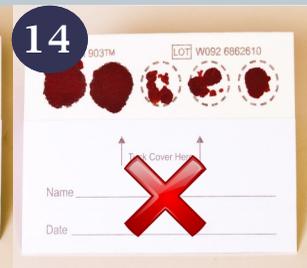
Blood spots must completely fill or exceed all five circles. Be certain that the blood has soaked completely through to the back side of the card. If necessary, use the second lancet on another finger to complete the collection.



Use the cotton balls to stop blood flow. Apply adhesive bandage if needed.



ACCEPTABLE!
Allow Blood Spots to dry COMPLETELY 4 to 12 hours before covering.



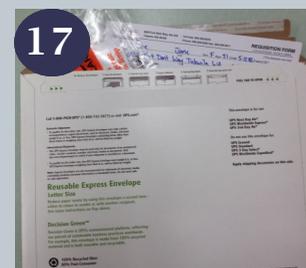
**INCOMPLETE!
WILL BE REJECTED.**



Allow Blood Spot card to air-dry overnight before folding cover over top of the blood spots. Avoid exposure to direct sunlight or extreme temperature or humidity.



Fold cover over dried blood spots and seal inside of plastic bag.



Fold requisition form and plastic bag and place inside the UPS return envelope. Seal the envelope.



Contact UPS for pick-up or drop off at an approved UPS facility / drop zone.

Canadian Residents:
Make sure you have filled out the commercial invoice and waybill.