



ALLERGY PANELS (UPDATED) 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 206.209.4200 with questions or Toll Free 855.405.8378
Monday through Friday 6:00 am – 6:00 pm PST

6839 Fort Dent Way, Ste 206
Tukwila, WA 98188
Ph: 206.209.4200 Fax: 206.209.4211
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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 two SSTs. If collecting for inhalant **ONLY**, draw two SSTs. If collecting for E-95, A-95, or Combo **PLUS** inhalant, then draw **Three** SSTs. **Serum Requirements:**
5.0 mL for E-95 or A-95 **9.0mL for Combo E-95 and A-95**
6.0 mL for Inhalant (4.0 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** to prevent the sample from leaking. With one thumb hold the end of the Parafilm against the cap, with the opposite hand gently pull and stretch the Parafilm around the outside of the cap. It is best to wrap around the cap a couple of times. **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. This **will go inside the cardboard box.**
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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