

MEDICATIONS AND PRECAUTIONS

Medications such as antihistamines, methotrexate, tricyclic antidepressants, H2- receptor antagonists (e.g., ranitidine, cimetidine), proton-pump inhibitors, and over the counter pain and fever reducers do not interfere with the accuracy of the ELISA test method.

Immune suppressive medications (e.g.: prednisone) or a weakened immune system (e.g.: due to chemotherapy) may result in the inability to mount an antibody response to varying degrees. These factors DO NOT interfere with the accuracy of the ELISA test method but may result in low test values.

Meridian Valley Lab's ELISA test method has not been assessed against any biologic or monoclonal antibody therapy. The level of interference is not established. The level of interference from heterophilic antibodies is not established.

This medication list is not inclusive. Please discuss your medications with your health care practitioner. Some practitioners may advise their patients to discontinue certain medications for a period of time depending on their practice and experience.



6839 Fort Dent Way # 206,
Tukwila, WA 98188
www.meridianvalleylab.com



© MERIDIAN VALLEY LAB -OCT 2023



FOODSAFE™

COLLECTION INSTRUCTIONS*

Instructions for collecting your bloodspot specimens.

CONTENTS:

- 1 Set of collection instructions
- 1 Requisition form
- 1 Bloodspot specimen card
- 3 Lancets (single use only)
- 3 Alcohol wipes
- 3 Cotton balls
- 3 Bandages
- 1 Specimen biohazard bag
- 1 Silica gel pack inside biohazard bag
(keep inside biohazard bag)
- 1 Mailer and 1 prepaid return label
(Included if shipped within the U.S. or Canada)

**This test does not detect immediate,
severe-acute reactions to food.*

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 health care provider.

PROPER COLLECTION IS CRUCIAL

PREPARATION

- Complete patient name, collection date and demographics on the bloodspot collection card and complete the patient section on the requisition form.
- Open the bloodspot collection card and **lay on a flat, clean surface**, along with the lancets and alcohol pads.

PREPARE YOUR HANDS

- Wash your hands with **soap and water** that is comfortably hot. **Soak your hands in this water for about 3-5 minutes. Dry hands thoroughly.**
- Massage your hands to increase blood flow.

COLLECTION

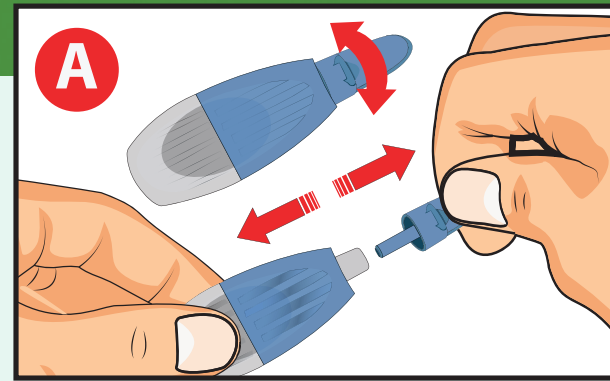
- Select **your middle or ring finger** to obtain a sample.
- Clean area with an alcohol pad. Allow alcohol to dry.
- A** Twist the cap off the lancet and place the tip **on the right or left side (10 or 2 o'clock position) of your chosen finger.** Position lancet across fingerprint with nails pointing toward the center of fingerprint.
- B** Press the lancet into the skin of the puncture site **until an audible click is heard.** Repeat as necessary to complete collection.

FILL THE CIRCLES ON THE COLLECTION CARD

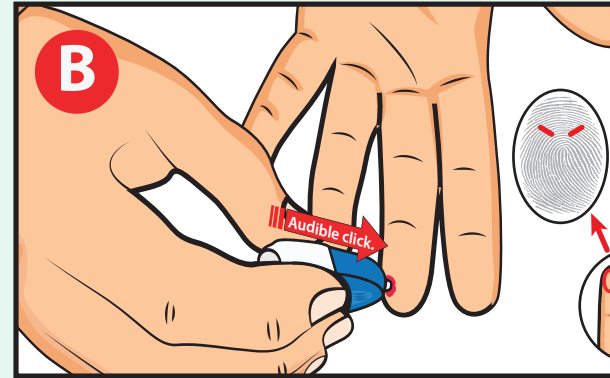
- Allow a large droplet of blood to form on your finger.
- C** Apply the blood to the center of the collection circles **without touching the card.** Gently massage finger. Avoid excessive constant pressure.
- **Circles must be completely FILLED and SATURATED through the back of the card.** *It is okay to use an additional lancet and a different finger to fill the remaining circles.*
- Allow bloodspot card to **dry for 24 hours** before shipping.

RETURN SPECIMEN TO THE LAB

- **Place the collection card inside the biohazard bag and seal the bag.**
- **Place requisition form in the outside pocket** of the biohazard bag and place in the mailer. Apply the pre-paid return label to the mailer and drop off at your courier drop site.
- **Ship your sample as soon as possible.**

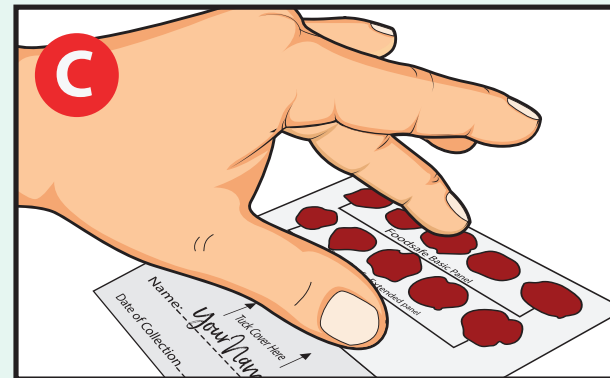


To take the cap off the lancet, twist left or right and pull off to expose the puncture tool.



Press the lancet on the **right or left** of your middle or ring finger at the puncture site and press into the skin until you hear an audible "click".

Puncture site
10 or 2 o'clock
position.



Apply the blood with your middle or ring finger to the center of the collections circles **without touching your finger to the card.**

Circles must be completely FILLED and SATURATED through the back of the card.