



## KIT COMPONENTS



- |                                     |                               |  |
|-------------------------------------|-------------------------------|--|
| 1. Biohazard ziplock bag            | 4. Alcohol wipe               | 8. UPS Medical Envelope                |
| 2. Up to 2 lancets, blue or yellow  | 5. Band-Aid                   | 9. Test requisition form and paperwork |
| 3. Dried Blood Spot collection card | 6. Gauze                      |  |
|                                     | 7. UPS enclosed plastic pouch |  |

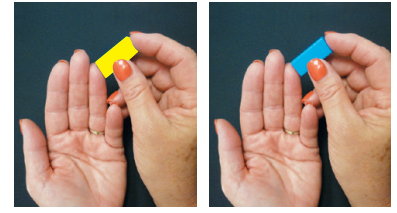
## BEFORE YOU BEGIN COLLECTIONS

- Dried Blood Spot (DBS) samples are good for 21 days after the date of collection. Any sample received at the lab after 21 days is considered expired. **Please ship all your samples in a single package to avoid multiple shipping charges.**
- Samples may only be sent off to the lab on **Monday or Tuesday**. If samples are sent a different day, extra shipping charges may apply and the sample may become compromised.
- Fill out the Test Requisition Form (TRF) completely. Please print clearly. Include your physician or health care practitioner's approval in the space provided on the Test Requisition Form.
- Discuss with your healthcare provider if you are taking blood thinning medications or if you have a blood clotting disorder.
- Hydrate with plenty of water (2-4 eight ounce cups) a few hours prior to collection.
- Fill out the DBS Collection Card. Include patient's name and the date. Barcode space is for laboratory use only.
- Wash hands with soap and warm water.
- If you have any questions, please contact us at +1 (913) 341-8949 or [CustomerService@gp-labs.com](mailto:CustomerService@gp-labs.com).

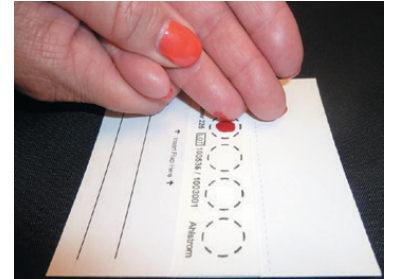
For questions about the collection of samples, call Customer Service at +1 (913) 341-8949.

# DRIED BLOOD SPOT (DBS) INSTRUCTIONS – Use the Lancet Provided

- Using the lancet provided, twist off the yellow or blue tab and pull straight out.
- Place finger firmly against a hard surface and press lancet to puncture finger. Using side of fingertip may cause less discomfort.
- Wipe off the first blood drop with the same alcohol swab and massage the entire length of the finger as needed to form a large, hanging blood drop.
- Place a large free-flowing drop of blood on each circle, making sure not to touch collection card with finger. If circle is not filled completely, place additional drops immediately on the same circle.
- If more blood is needed for Vitamin D or IgG Food MAP, wipe with alcohol pad again and massage finger to assist blood flow. Be sure to use the second lancet provided as each lancet is for one time use only.
- Full blood spot circles are required in order to run the test. Completely fill the spot(s). Once dried, DO NOT place additional drops on the same circle.
- Bend the card to allow the blood spots to air dry at room temperature for 3-8 hours. Avoid touching or smearing the blood spots. Keep away from direct sunlight and heat sources. Do not stack or allow DBS card to touch other surfaces while drying.



Lancet may be either yellow or blue.



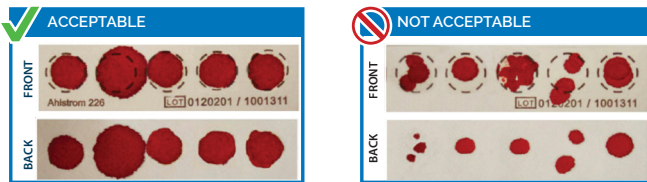
**The lancet needle retracts immediately after use, leaving the device safe for disposal in a regular trash can. DO NOT return the lancet with sample. Lancets are for one time use only.**



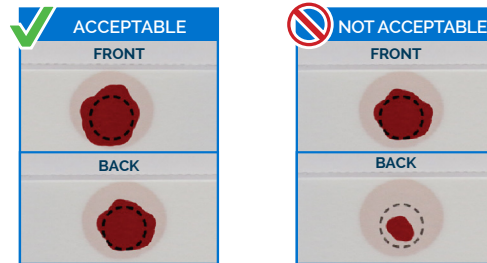
All Dried Blood Spot specimens received at the lab are examined for specimen acceptability. Your sample will be rejected if it is not a satisfactory specimen and a re-collection may be necessary.

## Vitamin D (5 full dried blood spots) IgG Food MAP with Candida + Yeast (5 full dried blood spots)

If the patient needs both Vitamin D and IgG Food MAP, then 2 full cards must be submitted.



## Omega-3 Index Complete Test (1 full dried blood spot)



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# PREPARING AND SHIPPING SPECIMENS

## PREPARING THE SPECIMEN

### 1. Complete the following documents:

- **Commercial Invoice.** You should see 3 copies of the commercial invoice in the kit if ordered directly from Great Plains Laboratory. Please sign on the bottom left corner of all 3 copies of the commercial invoice. Place all copies into the enclosed plastic pouch and attach to the outside of the UPS Medical Envelope.
  - **Biological Declaration (India & Australia only).** Fill out consignee information (The Great Plains Laboratory), mark sample for lab research/human non-infectious, and please specify what kind of sample. On the second page, please fill out: Declarant name, contact information, and email. (This is your information). Place with the commercial invoices in the plastic pouch attached to the outside of the UPS Medical Envelope.
  - **Test Requisition Form (TRF).** Please print clearly.
2. Write patient's name and date of collection on collection card.
  3. After the 3-8 hours of drying time, place the DBS card into the biohazard zip-lock bag with dessicant pack and seal.
  4. Keep away from direct sunlight and heat sources. Keep packaged DBS card cool and dry until transported to the lab. Avoid leaving in vehicles, as sun and heat will deteriorate the sample.
  5. Place the zip lock bag in the prepaid UPS Medical Envelope. Place Test Requisition Form into the UPS Medical Envelope and seal using the adhesive strip.
  6. Please take note of the shipping/tracking number if you would like to track the package.

## SHIPPING INSTRUCTIONS

1. For best results, samples should be taken to your local UPS location (preferably toward end of the day). To find your closest UPS Store location and hours visit [www.ups.com/dropoff](http://www.ups.com/dropoff). Discounted shipping rates are indicated on the price list if you ship your sample using the UPS return label included in the kit.
2. We charge for the test and the return shipping when we receive the samples, unless it was paid upfront. Shipping charges vary depending on the country.

### IMPORTANT NOTES:

- Shipping rates are per package. **Please ship all your samples in a single package to avoid multiple shipping charges.**
- If you do not locate a return label in the kit, please contact us before collecting sample. Do not go to UPS store to ship without our return label or your sample could be stopped by customs.
- Additional charges may apply if your package exceeds 900 grams.
- GPL will not be liable for refunds if the delivery is delayed due to customs or any other reason.
- Shipping charges are subject to change without notice.

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