

Test Instruction Queries:

Patients: Please contact your Practitioner.

Practitioners: Please contact FxMed if you have any technical queries .

Celiac & Gluten Blood Spot Collection Instructions

To help us process this Celiac & Gluten Sensitivity Profile Finger-Prick Test without delay, please read and follow these instructions before shipping the specimens:

1. Please check the Collection Kit Contents

- | | |
|--|--|
| <ul style="list-style-type: none"> • 1 x Collection Instructions • 1 x Isopropyl alcohol wipe • 1 x sterile gauze • 2 x single-use lancets • 1 x band aid | <ul style="list-style-type: none"> • 1 x Dried Blood Spot (DBs) collection card • 1 x Zip lock bag with desiccant pack • 1 x Test Requisition form • 1 x Pre-paid mailing envelope |
|--|--|

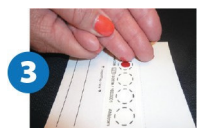
2. The lancets and collection card provided are for one time use only. **DO NOT COLLECT FROM THE FIFTH/LITTLE FINGER.**

Diet & Medications

1. The test requires no special diet. Discuss with your Practitioner if you are taking blood thinning medications or if you have a blood clotting disorder.
- Never discontinue prescription medications without first contacting your healthcare practitioner.

Collection Instructions

1. Wash your hands under warm water for a few minutes. Dry your hands then cleanse outer edges of your middle and ring finger with alcohol wipe and dry with sterile gauze pad.
2. Remove the cap from the lancet. Press the lancet firmly against the outer edge of your ring or middle finger until you hear a click. Wipe away first small drop of blood with sterile gauze. Lower your hand to increase blood flow. Gently massage the entire length of finger to form a large, hanging blood drop.
3. Fold the flap of DBs collection card up and away from the blood circles. Touch the blood drop to the center of a circle on the card. Do not layer blood on a previously dried spot. Blood should saturate through both sides of the card. The circles should look like the “acceptable” illustration shown below.
4. Repeat this procedure until the circles are filled with blood. If you are unable to get sufficient blood from the collection, repeat from step 1 using a different finger and the second lancet provided.
5. Following the blood collection, gently press the gauze pad to the incision site until bleeding stops, then use the adhesive bandage as needed.
6. Bend the card to allow the blood spots to air dry on both sides for at least 3 hours. Keep away from direct sunlight, moisture, and heat sources while drying. If the card is not completely dry before shipping, the samples may be unusable.
7. After drying, close the flap. Place the card into the plastic zip lock bag with desiccant pack and seal. Place the sealed zip lock bag and the completed requisition form into the return envelope and post to FxMed, so we receive it by Tuesday. We then courier all samples on Wednesday morning every week.



The results will be sent to your practitioner within 2—4 weeks.

Acceptable Collection Card Example



Unacceptable Collection Card Example

