

FOODTEST



FOODTEST BLOOD COLLECTION KIT USER MANUAL

Please read the complete procedure carefully before blood collection!

**Thank you for using our FOODTEST microarray laboratory technology.
FOODTEST is the most effective way to analyze your food intolerances.**

Contents of kit:

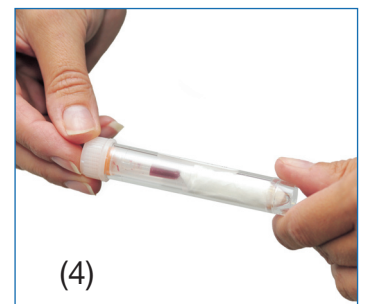
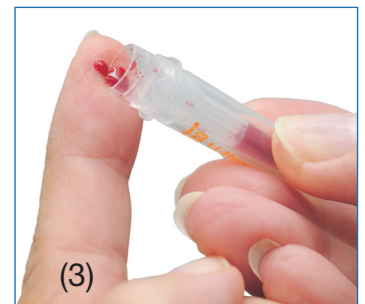
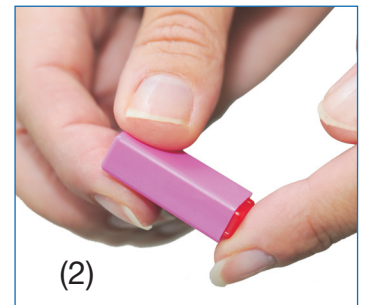
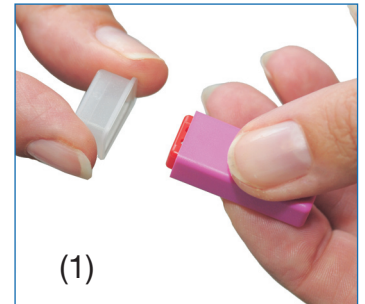
1. Blood collection tube, for single use only
2. Lancet to prick finger (2 pcs), sterile, for single use only
3. Pre-injection swab
4. Disposal bag
5. Blood transport tube
6. FOODTEST request form
7. Plastic prepaid return envelope
8. Collection kit box
9. User manual



FOODTEST

User manual

1. Wash your hands in warm water as this helps to soften the skin and encourage blood flow.
2. Remove the orange cap from the blood collection tube.
3. Select the finger or thumb to be pricked, clean with the Pre-injection swab and allow to dry.
4. Remove the protective cap from the sterile lancet. (1)
5. Place your selected finger on a table to avoid dismissing it during pricking.
6. Place red raised platform end of safety lancet on the test side. (2)
7. Gently push safety lancet against test site to activate the lancet mechanism. A slight prick may be felt as the skin is punctured.
8. Gently massage the finger in the direction of the puncture site to obtain the required volume of blood.
9. Draw your finger over the edge of the blood tube to allow the blood to be scraped off into the tube. Continue filling until the blood tube is about half full. (3) It may be necessary to use the second lancet to make another puncture on a different finger if the blood flow stops before the tube is half full.
10. When the blood has been collected, replace the orange cap on the blood collection tube.
11. Write your name and date of sampling on the label on the transport tube and place the blood collection tube in the transport tube. (4)
12. Complete the FOODTEST request form and sign it.
13. Put the used lancet(s) in the disposal bag.
14. Put the transport tube, disposal bag, and FOODTEST request form into the collection kit box.
15. Place the kit box in the plastic envelope and follow the instruction indicated on the envelope.



If your home blood collection would be failed for any reason please contact us. You can request a sampling in our laboratory without any extra charge.

We recommend to perform your blood collection on Monday so you can get your test report on the same Friday.

Would you please check again your e-mail address on the request form!

If you have any question please do not hesitate to contact us!

