

PATIENT INSTRUCTIONS STEPS 7-9:

7. Ensure all Vacutainer lids are screwed on tightly so they do not leak in transit.
Place the Vacutainer(s) into the plastic transport container.
Slide the plastic container into the cardboard tube and close lid.
Place the cardboard tube into the sealed section of the specimen transport bag.
8. Ensure that your test request form has been correctly filled out and all patient information is correctly stated. This includes full patient name, date of birth, residential address and telephone number.
Once completed, place into the unsealed section of the specimen transport bag.
9. When your sample is ready to be transported, please ring the courier number provided on the pre-paid return bag.
Please advise this is a medical specimen.

Alternatively, you can drop the package to your **nearest agent**.
(Record the "customer" number on the front right of the track pack.
This is your record to track delivery)

GENERAL DISCLAIMER

We recommend that you always seek the advice of a qualified health care practitioner regarding any medical or health related diagnosis or treatment before acting on this test information. Nutrisearch does not provide clinical advice on test selection or interpretation of testing for wellness testing to patients, nor does it provide diagnosis, treatment or medical advice. Nutrisearch is not liable to you or anyone else for any loss or negative consequence caused in whole or in part by interpreting, delivering or reporting information through the utilizing of laboratory testing services. In no event shall we be liable to you or any other party for any decisions made or action taken or not taken by you in reliance on such information.

Thank you for your request. Results will be forwarded to your referring practitioner upon completion. All testing is performed by NutriPATH Pathology.



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BLOOD SPECIMEN

SST - IgG/IgA/IgE (YELLOW TOP)

Collection Instructions

COLLECTION REQUIREMENTS

NZ Version 1: August 2020

If you are uncertain of the collection procedure after reading these instructions, please contact our Customer Service on 0800 88 44 33 who will clearly explain the procedure.

Before proceeding, please read and follow all instructions carefully. Without taking these precautions your results may be inaccurate, or may result in a possible recollection being required.

IMPORTANT PRE-COLLECTION INFORMATION

- Collect this sample **on a Monday ONLY**.
- It is recommended that you fast for a minimum of 8-10 hours prior to collection.
- Ensure that you are well hydrated with WATER ONLY prior to collection.
- Check that the patient information on the request form is correct.
- The test request form that was provided by your healthcare practitioner must be returned with your specimen/s for analyses.
- It is suggested that you maintain your usual dietary habits and consume a variety of tested foods when possible within a couple of weeks prior to sample collection.
- Strictly avoid eating foods that may have potentially resulted in a previous adverse reaction and/or anaphylaxis.

MEDICATION:

- Patient should not be on immunosuppressive medication. E.g. steroids, antihistamines or anti-inflammatories. Other medications include: (Corticosteroids (e.g. prednisone, beclomethasone, fluticasone, and triamcinolone). For purposes of the assessment, the suggested time period to abstain from these is four weeks or until symptom aggravation.

SST (Serum)

Blood Collection Kit

KIT CONTENTS:

Check contents of kit. If items are missing OR you have any questions regarding this kit, please contact Customer Service on 0800 88 44 33.

- 1 or 2 x 8.5ml SST (Gel) Vacutainer (yellow top)
- 1 x Cardboard Transport Cylinder
- 1 x Plastic Transport Container
- 1 x Specimen Transport Bag
- 1 x Collection Instructions
- 1 x Request Form
- 1 x Courier Bag (prepaid)

BLOOD COLLECTION LABORATORIES

Nutrisearch has blood collection arrangements in place with several laboratories throughout NZ (refer to the attached list for locations of collection centres in NZ).

A blood collection fee is payable direct to the laboratory for collection of the specimen – please enquire at the collection laboratory for this cost.

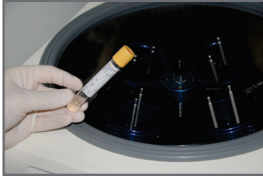
PATIENT INSTRUCTIONS **STEP 1:**

1. The patient will go to the nearest pathology collection centre or pathology laboratory (see previous page) to have their blood sample collected.

PATHOLOGY COLLECTOR INSTRUCTIONS **STEPS 2-6:**

2. Confirm the patient has fasted for this test and note it down on the request form.
3. Prior to sample collection, all sample vacutainers must be labelled with
 - **patient first name/surname**
 - **date of birth**
 - **time and date of collection**

4.  The pathology collector should collect ALL of the provided tubes within the NutriPATH kit.
The blood MUST be collected using the tubes provided inside this collection kit.

5.  After sample collection, all samples should be centrifuged.

6. The pathology collector must hand all specimens over to the patient after they have been collected.

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