



Welcome To Your Test Kit

You have chosen to do a Celiac & Gluten Sensitivity Serum Test from Nordic Laboratories which will provide information to help you on your personal health journey.

The future of medicine lies in a personalised treatment strategy, based on information relating to your individual biochemistry and genetic inheritance. This test will help you obtain objective data about yourself to aid in the development of a more precise treatment strategy and enable measures to be implemented that will help you attain a higher level of health.

In this kit, you will find all the material needed for your collection. Please read the instructions carefully and follow them step by step. Your test results will be released to your practitioner approximately three weeks after we have received your sample.

If you have any questions, concerns, or need support in understanding the test and instructions, please call our support team on +45 33 75 10 00 or email info@nordic-labs.com.

Check Your Kit

Important

Please note that the blood draw procedure for this test needs to be carried out by a doctor or phlebotomist. Please read the Shipping Preparation and Shipping Instruction thoroughly before booking a blood draw appointment.

Shipping Materials

- 1 x Box containing the collection kit (**keep this box for returning your samples**)
- 1 x Styrofoam insulating container (**keep this box for returning your samples**)
- 1 x Shipping Instruction
- 1 x Gel freezer pack
- 1 x Personal Information Form
- 1 x Address label

Collection Materials

- 1 x Red-top blood collection tube for serum
- 1 x 8ml plastic serum transfer vial with cap
- 1 x Pipette
- 1 x Resealable plastic bag
- 1 x Absorbent pad



Preparation

When to schedule your shipment

- Book your blood draw appointment on a Monday or Tuesday before 2pm as the sample must arrive at the laboratory on a working day.
- You must make the doctor or phlebotomist aware of the Shipping Preparation and Shipping Instruction included with this test and ensure that they have the correct refrigeration/freezing facilities for your sample when booking your appointment.
- On the day of your blood draw, and before attending your appointment, please call the shipping company (see Shipping Instruction) before 2pm to arrange for a courier to collect your sample from the address of your doctor or phlebotomist for the day after your appointment, as your sample needs to be frozen for a minimum of 6 hours.
- The shipping company have a 3-hour time frame to make the pick-up, please tell them that your package needs to be collected before 5pm.

Provide the following information

- Personal Information Form: verify that the information on the form is correct and edit if needed.

Prior to collection

- There is no need to fast prior to this test.

If you are taking any medication or supplements

- It is generally recommended to refrain from taking non-essential medications and supplements (especially biotin) for 72 hours prior to collection.

Important notes

- Patients currently on a gluten free diet (GFD) should not take this test unless it is to monitor long term GFD compliance, or as otherwise directed by your practitioner.
- Never discontinue prescription medications without first consulting your physician.

Collection Procedure

Important

The blood draw procedure below is for professional use only i.e. the information is for the doctor or phlebotomist on how to take the sample. Patients must not try to take the sample themselves.



Step 1:

Write the patient's full name, date of birth and date of collection on both tubes using a permanent marker. Also note the date and time of the collection on the Personal Information Form. **Important:** To ensure accurate test results the requested information must be provided.



Step 2:

Draw blood into the supplied red-top tube.



Step 3

Place the tube upright and allow the blood to clot for at least 15 minutes.



Step 4

Within 2 hours of collection, centrifuge the red-top tube for 10 minutes at 3500 rpm.



Step 5:

After centrifuging, use the transfer pipette to transfer the serum (top layer) to the 8ml plastic transfer vial (a minimum of 2ml is recommended for analysis).



Step 6:

Discard the red-top blood tube and the transfer pipette.



Step 7:

Place the transfer vial into the plastic tube holder and put it into the resealable plastic bag along with the gel freezer pack and seal.



Step 8:

Place the plastic bag into a freezer for at least 6 hours before shipping the sample.

Shipping Preparation

When to schedule your shipment

- Ship your sample as soon as possible. Do not ship on a Thursday or Friday as we are closed over the weekend. **Important:** Remember that your sample must be frozen for a minimum of 6 hours prior to being shipped.

When you are ready to ship

- Ensure that you have provided the following information:
 - Personal Information Form: make sure the form is completed.

Prepare your shipment:

- Retrieve the resealable plastic bag containing your sample from the freezer and place it into the styrofoam insulating container along with the frozen gel freezer pack and completed Personal Information Form.
- Place the styrofoam insulating container into the box, and place the address label on the box and ship (see Shipping Instruction).