



## Welcome To Your Test Kit

You have chosen to do a Nordic Food Panel 96 & 184 IgG / IgE / IgA Blood Draw 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](mailto: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 Shipping Instruction
- 1 x Personal Information Form
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma Invoices (**only included if you are shipping from a non-EU country**)

### Collection Materials

- 1 x Yellow-capped Serum Separator Tube (SST)
- 1 x Red-capped amber transfer tube
- 1 x Pipette
- 1 x Bio-hazard bag with absorbent pad
- 1 x Plastic tube holder

If any items are missing or expired, please call +44 (0)15 80 20 16 87 or email [testkits@nordicgroup.eu](mailto:testkits@nordicgroup.eu)

**Please note:** if the collection instructions are not followed carefully, it may lead to delay in the results or re-collection which will involve further costs.



## Preparation

### When to schedule your shipment

- Book your blood draw appointment on a Monday, Tuesday or Wednesday before 2pm as the samples 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 samples 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 samples from the address of your doctor or phlebotomist.
- 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.

### Important Note:

- Never discontinue prescription medication 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.



### Step 1:

Write the patient's full name, date of birth, gender as well as the date and times of each collection on **ALL** tube(s). Also note the date and times of the collections on the Personal Information Form. **Important:** To ensure accurate test results the requested information must be provided.



### Step 2:

Draw 8.5 ml. of venous blood into SST.



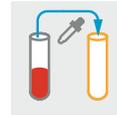
### Step 3:

Let the tube **stand** at room temperature for a minimum of **15 minutes** to activate the clotting mechanism.



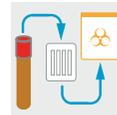
### Step 4:

Place the tube in centrifuge and spin for 12-20 minutes.



### Step 5:

Transfer serum to the amber transfer tube using the disposable pipette.



### Step 6:

Place the amber transfer tube into the plastic tube holder and put inside bio-hazard bag.



### Step 7:

Place the bio-hazard bag into the box. Sample is now ready to ship.

**NOTE :** 1ml of serum = 8IgE  
2ml of serum per IgG panel

**If collecting for more than one test, you must fill the tube.**

## Shipping Preparation

### When to schedule your shipment

- Ship your sample as soon as possible. Do not ship your sample on a Thursday or Friday as we are closed over the weekend.

### When you are ready to ship

- Ensure that the following information is provided:
  - Personal Information Form: make sure the form is completed.
  - Pro-forma Invoices: fill out the supplied invoices (**only required if you are shipping from a non-EU country**).

### Prepare your shipment:

- The doctor/phlebotomist must place your completed Personal Information Form and your sample into the supplied box. The box must then be placed into the DHL bag for shipping.
- Place the box in the return shipping bag and ship (see Shipping Instruction).