

## Shipping Preparation

### When to schedule your shipment

- Ship your samples 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/Commercial 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 insulated foam box containing your samples and frozen freezer brick the supplied box.
  - Place the box in the return shipping bag and ship (see Shipping Instruction).



Nygade 6, 3.sal . 1164 Copenhagen K . Denmark . Tlf: +45 33 75 10 00

[info@nordic-labs.com](mailto:info@nordic-labs.com) . [www.nordic-labs.com](http://www.nordic-labs.com)

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## Antibody Assessments 87 Foods (IgG, IgE Foods and Mold)

ENG

### Welcome To Your Test Kit

You have chosen to do an IgG Antibody Assessment 87 Foods (IgG, IgE Foods and Mold) 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 to obtain objective data about yourself to aid 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 Insulated foam box containing the collection kit (**keep this box for returning your samples**)
- 1 x Ice brick
- 1 x Shipping Instruction
- 1 x Personal Information Form
- 1 x Return shipping bag
- 1 x Return shipping document
- 2 x Pro-forma/Commercial Invoices (**only included if you are shipping from a non-EU country**)

#### Collection Materials

- 4 x Red/grey-capped Serum Separator Tube (SST)
- 4 x White-capped clear transfer tubes
- 1 x Pipette
- 1 x Bio-hazard bag with absorbent pad
- 1 x Elastic band

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 – 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 freezing/centrifuging 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.

### Prior to Collection

- Freeze the enclosed freezer brick for a minimum of eight hours prior to your blood collection.
- Samples must be frozen for a minimum of 2 hours prior to shipping. Keep samples frozen until ready to ship.
- Samples must be received in the laboratory within 24 hours of collection. To ensure the accuracy of test results, please observe the following:
- If testing for food antibodies, it is suggested that you eat a variety of foods for 2-3 weeks prior to food antibody testing (except for foods that are known to cause severe reactions). Doing so will help to ensure the presence of antibodies to allergenic foods.
- The following medications may impact this test:
  - Glucocorticosteroids (e.g., oral prednisone and/or steroid metered-dose inhaler), chemotherapy, immunosuppressive agents (e.g., Humira, Rituxan) and NSAIDS (e.g., Ibuprofen, Naproxen, Tylenol, Aspirin).
  - Non-interfering factors to this test: antibiotics, antihistamines, and antidepressants. Test results may be inaccurate if you have liver damage or HIV infection.
- Never discontinue medication without first consulting your practitioner.
- The following table lists minimum specimen requirements necessary to provide results.

# Profiles	ml Serum	# SST tubes
1	3ml	1 tube
2	6ml	2 tubes
3	9ml	3 tubes
4 or more	12ml	4 tubes

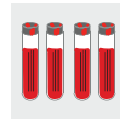
## Collection Procedure

**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.



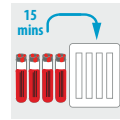
### Step 1:

Write the patient's full name, date and time of collection on ALL tubes. 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 blood to fill ALL SST tubes.



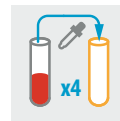
### Step 3:

Allow the blood in the SST tubes to clot for 15 minutes while standing in a rack.



### Step 4:

Place the SST tubes in centrifuge and spin for 15 minutes at 3000 RPM.



### Step 5:

Transfer all the serum from the SST tubes into each white-capped clear transfer tube using the pipette. Screw the top on the tubes tightly to avoid leakage. Discard the SST tubes.



### Step 6:

Wrap the absorbent pad around the white-capped clear transfer tubes and put them into the bio-hazard bag, making sure that the bag is securely sealed; freeze immediately. Samples must be frozen a minimum of 2 hours prior to shipping. Keep samples frozen until ready to ship.



### Step 7:

When ready to ship, make sure all the tubes in the Bio-hazard bag are tightly closed and are identified with completed information. Place the bio-hazard bag containing your samples into the insulated foam box with the frozen freezer brick at the bottom. Then place the insulated box into the test box along with your completed Personal Information Form.