



**Collection Requirements**  
 IgG Food Explorer: 250 ul  
 IgE Allergy Explorer: 500 ul  
 IgG/IgE Combined: 500 ul



**Items Needed for Collection**

- 1 – Kit Box
- 1 – Test Request Form (TRF)
- 1 – Blood Collection Vial (Red Top)
- 3 – Lancets (Purple)
- 3 – Alcohol Wipes
- 3 – Bandages
- 1 – Foam Tube Holder
- 1 – Zip Closure Specimen Bag with Absorbent Pad
- 1 – FedEx Clinical Pak Mailer

**FINGERSTICK BLOOD COLLECTION**

*If you are missing any of the needed components or have questions about the collection, please call Diagnostic Solutions Laboratory Customer Service Department at 877-485-5336.*

# FINGERSTICK – WHOLE BLOOD COLLECTION INSTRUCTIONS

**PLEASE READ ALL INSTRUCTIONS BEFORE BEGINNING AND FOLLOW INSTRUCTIONS CAREFULLY.**  
**– IMPROPER COLLECTION AND SHIPPING CAN CAUSE SAMPLE REJECTION OR INVALID RESULTS.**

**Tips to Optimize Collection:**

1. **Be hydrated:** Drink water 30 minutes before attempting blood draw.
2. **Have warm hands:** Wash hands in warm (not hot) water while rubbing fingertips.
3. **Increase blood flow:** Windmill arms several times to increase circulation to fingers.
4. **Select middle or ring finger(s)** on side away from the thumb: Avoid calluses. Do not collect from the pad of finger.
5. **Massage hand:** Start at the heel of the hand and gently and firmly move down to the puncture site.
6. **Collect hanging drops** instead of scooping the blood with the tube: This will produce a cleaner sample and avoid spreading blood along your finger.



**1**

**NOTE:** Place all collection materials on a flat surface to allow for ease of use.

**A)** Complete all sections of the TRF, including patient name, date of birth, date of sample collection, and payment type.

**B)** Thoroughly wash hands, paying special attention to fingertips, in warm water.

**2**

**A)** Unscrew the cap from the blood collection vial and set it aside safely for reuse.

**B)** Insert collection vial into the foam tube holder and place on a flat surface.

**C)** Immediately before collection, wipe one fingertip with alcohol wipe and let it dry completely.

*Select middle or ring finger only!*

**3**

**A)** Using a twisting motion, remove and discard the cap from one lancet.

**B)** While holding the finger below the heart, press the lancet firmly against the cleaned finger. Press the purple button on the lancet once until an audible click is heard. Remove the lancet from the finger.

*Remove*

*Press button to pierce skin*

*"CLICK!"*

*Illustration not to scale.*

**4**

**A)** With the finger in a downward position over the tube, gently massage from the palm down to the puncture site to maintain blood flow.

**B)** Collect blood drops in the vial. Ensure that blood is falling to the bottom of the vial and not collecting on the sides.

**C)** A minimum of **250 ul of blood** must be collected for **IgG** testing.\*

A minimum of **500 ul of blood** must be collected for **IgE** testing or **IgE/IgG combined** testing.†

After collection, *press and twist cap* onto the top of the vial to secure it for shipping. **DO NOT CHILL the collected specimen!** Foam block may be discarded before shipping.

**‡ IMPORTANT:** If the required specimen amount cannot be collected, contact customer service for alternate instructions.

*Collection from different fingers may be required to collect the necessary volume into the single collection vial. Use a new lancet for each puncture and repeat from step 2C.*

*Apply a sterile adhesive bandage to each puncture.*

**SHIPPING INSTRUCTIONS:**

**Call FedEx at 1-800-463-3339 to Schedule Your Free Pickup**

1. When the automated greeting begins say, "Schedule a pickup."
2. When asked if your label has the word "Stamp" on it, say, "Yes."
3. Your tracking number can be found on the Return Label.

**5**

**A)** Place the closed collection vial into the specimen bag. Place the completed TRF in the document holder of the specimen bag.

**B)** Place the specimen bag (including the sample and document) inside the kit box.

**C)** Place the kit box in the supplied FedEx Clinical Pak Mailer and ship to Diagnostic Solutions Laboratory for testing. Make note of your tracking number.

**Do Not Freeze or Chill Collected Sample. Ship sample on the same day as collection, Monday – Thursday only.**