

Directions



PCNZDiagnostic

IgG Food Allergy Panel

Before you start

- Check the contents of the collection box:

1 x Sterile Swab	1 x Lancet
3 x Collection Strips	1 x Zip-lock Bag
1 x Band-Aid	1 x Padded Envelope
1 x Labelled Courier Bag	1 x Lab Specimen Transport Bag
1 x PCNZDiagnostic Request Form	1 x Directions for the IgG Food Allergy Panel
- Read the enclosed instructions before proceeding.

Practitioner, Payment and Testing Details

- Fill in the PCNZDiagnostic Request Form enclosed.

To Ensure we can Provide Accurate Results

- **Eat a variety of foods in the two weeks prior to testing.** Try to include as many of the foods listed on the back of the PCNZDiagnostic Request Form. **If foods aren't included in the diet during this time, false negative results may be obtained.**
- **Avoid using anti-histamines and any other medications such as steroids for two weeks prior to testing.** These medications suppress the immune response and can affect the results. Please check with your healthcare provider before going off your medication and follow their instructions.

Specimen Collection Instructions

- Pull strips out of the Zip-lock bag. Be sure to handle the blue part only, don't touch the white pad. Set strips on clean, dry surface, pad face up.
- Wash hands thoroughly in warm water. Run hands under warm water for 1 minute and dry.
- Choose the tip of finger or thumb and wipe puncture site with swab. Allow to dry, without touching again. Keep the swab handy.
- Hold lancet and twist off the purple stem from the protective cap.
- Lightly press the lancet against the fingertip and press the purple button on the top of the lancet. The lancet automatically retracts after use and cannot be used again.
- Press the finger firmly from below the puncture site to let out a drop of blood. Wipe off the first drop of blood with the alcohol swab and discard.
- Set collection strips down on clean surface with white pad facing up. Do not touch the white pad at the end of the strip.
- Squeeze puncture site so that drops of blood drip onto the collection pad. Collect enough blood so that the white pad is completely soaked with blood and there is no more white on the pad. Repeat this process for all three strips.

Call **0800 HORMONE (467 6663)** to speak to Jo-Anne Moore, Diagnostic Co-ordinator

62C Diana Drive, Wairau Valley, North Shore 0627, PO Box 101-142, North Shore Mail Centre 0745, Auckland New Zealand
DDI: 64 9 442 1724 Email: jo@pcnzltd.co.nz Ph: 64 9 442 1727 Fax: 64 9 442 5851 Email: info@pharmaceutical.co.nz Website: www.pharmaceutical.co.nz
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- Hold the collection strips up to a light source and look on the back side of the pad containing the blood sample. If there is any lightness showing through the pad, the sample will be rejected. The pad must be completely soaked with the blood sample.
- Set the collection strips down on a clean surface, pad face up. Allow to air dry for 45 to 60 minutes. DO NOT APPLY HEAT! Place strips back in Zip-lock Bag.
- Write your name and collection date on the Zip-lock Bag.

Returning the Specimen to PCNZDiagnostic

- Put the Zip-lock bag in the sealable section of the specimen transport bag supplied.
- Place the PCNZDiagnostic Request Form in the non-sealable section of the specimen transport bag supplied.
- Place the specimen transport bag into the padded envelope provided and place these into the labelled courier bag.
- Contact **CourierPost on 0800 268 7437** stating that the courier is prepaid. The courier bag is already labelled with the delivery address to:

PCNZDiagnostic, 62C Diana Drive, Glenfield, Auckland 0627

Results

Your practitioner can expect to receive results 4-6 weeks after PCNZDiagnostic receives the specimen.

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