

Returning your specimen to Age Diagnostic Laboratories

- Place the completed request form into the non-sealable section of the biohazard specimen transport bag supplied
- Place the biohazard specimen transport bag into the Fedex clinical pak provided
- Send sample to Age Diagnostic Laboratories (ADL)

If you are outside of the USA return specimen as per the instructions from your local ADL agent (if applicable).



Before you start

Check the contents of the test kit

- 1x Sterile swab
- 2x Lancets
- 1x Test card (with 3 printed circles on it)
- 1x Band-Aid
- 1x Age Diagnostic Laboratories (ADL) request form
- 1x Specimen collection instructions
- 1x Biohazard specimen transport bag
- 1x Fedex clinical pak

If items are missing or you have any questions regarding the test kit, please contact Age Diagnostic Laboratories (ADL) on 877 983 7863 or contact your local ADL agency.

Read the enclosed instructions before proceeding.

Results

Your healthcare practitioner can expect to receive results 1-2 weeks after Age Diagnostic Laboratories (ADL) receives the specimen.

Testing should ideally be professionally requested and interpreted. Patient requested tests however are permitted but are intended for informational purposes only.

For further information about this and other tests that are available from Age Diagnostic Laboratories (ADL) please refer to our website:

www.adltests.com

This kit can be used for any of the following tests

- AA : EPA Ratio (Blood Spot) (5001)
- Cytokine Panel Level 1 (4003)
- Cytokine Panel Level 2 (4005)

Practitioner, payment and testing details

Complete the ADL request form enclosed.

*Be sure to complete all patient
information and payment options.*

To ensure we can provide accurate results

- Do not eat any food 12 hours prior to the blood draw (i.e. you should be fasting).
You may consume water

Specimen collection

- Write patient name and date of birth on the test card. Set card on clean, dry surface, with the 3 circles 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
- A second lancet is provided, should a another skin puncture is required
- 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
- Squeeze puncture site so that drops of blood drip onto the first circle on the Test Card. Collect enough blood so that the whole area within the circle is completely soaked with blood and there is no more white showing in the circle. Repeat this process for the other two circles
- The three circles must be completely covered with blood. If not the sample will be rejected
- Allow to air dry for 45 to 60 minutes. **DO NOT APPLY HEAT!** Place Test Card into the resealable section of the specimen transport bag.