

COLLECTION INSTRUCTIONS

Your food intolerance collection

This test measures your antibody response to foods, from a few drops of blood collected with a simple finger-prick. A little preparation in the weeks before helps make sure your result is accurate.



A simple test you do at home

Your kit is posted directly to you — no collection centre visit needed. Take a finger-prick sample onto the card, let it dry, then mail it back to the lab.



Finger-prick

a few drops of blood



Keep eating normally

a varied diet beforehand



Air-dry 3 hours

before you post

1 Before you collect

Keep eating as usual

In the couple of weeks before your test, **keep eating your normal, varied diet** — including the foods you'd like tested — so your body's response can be measured. The one exception: **strictly avoid any food that has previously caused a serious reaction or anaphylaxis.**

Medications

Don't change any prescribed or regular medication without your practitioner's guidance. Some medications can suppress your antibody response and affect the result — including **steroids, antihistamines and anti-inflammatories** (for example prednisone, beclomethasone, fluticasone). If your practitioner agrees, they may suggest pausing these for about **four weeks** beforehand.

Check your kit

- 1 × blood spot collection card
- 2 × lancets (single-use)
- 1 × specimen transport bag
- 1 × reply-paid padded envelope
- 1 × sterile alcohol wipe
- 1 × plaster (Band-Aid)
- 1 × request form
- 1 × collection instructions

2 Collecting your sample

1 Prepare the card

- 1 On the front of the card, **print your first name, surname, date of birth and date of collection in BLOCK LETTERS** – matching your request form exactly. **Unlabelled cards are rejected.**
- 2 Unfold the cover to expose the collection pad, holding the card **without touching the circles.**
- 3 Rest the card on a table – taping the outer cover to the table edge helps steady it – and make sure the blood won't touch the cover.

2 Take the finger-prick

- 1 Wash your hands with **soap and warm water** and dry them, then wipe the fingertip you'll use with the **alcohol wipe.**
- 2 Twist off the tab to break the seal on a **lancet** (each is single-use). Press it **firmly** against the inside tip of your finger and **click the button** until you hear it fire.
- 3 Gently massage the finger from below to form a large drop. **Wipe away the very first drop** with the alcohol wipe.
- 4 Let a **hanging drop of blood fall into each circle** on the card, filling every circle so it soaks through to the back. Don't smear or press the finger onto the card.
- 5 If you need more blood, use the **second lancet** on a different finger. Cover the puncture with the plaster when you're done.

Aim for a valid sample. Each circle should be evenly filled and soak through to the back – not left partly empty or over-flooded. Uneven or incomplete cards may be rejected.

**Let it dry for at least 3 hours**

Prop the card up and let the blood spots **air-dry completely for at least 3 hours**, away from moisture and direct sunlight, before you pack it.

3 Drying & sending

- 1 Once the spots are **fully dry**, tuck the cover into the flap as shown on the card, then place the card into the **specimen transport bag**.
- 2 Check your **request form** is complete (name, address, date of birth) and place it into the **open compartment** of the transport bag. Complete your **Patient Checklist Form** too.
- 3 Place everything into the **reply-paid padded envelope** and post it back via your nearest Royal Mail post box or Post Office, as soon as possible.

What this test screens

Your antibody response across 96 foods, grouped into:

Dairy

Egg, meat & poultry

Fish & seafood

Fruits

Vegetables

Grains, legumes & nuts

Herbs & spices

Yeast / candida

Miscellaneous

Before you post – quick check

- ☒ Every circle **filled and soaked through** to the back
- ☒ Card **labelled in block letters**, matching your request form
- ☒ Spots **fully air-dried** (at least 3 hours)
- ☒ Cover tucked in, card in the **transport bag**
- ☒ Request & Checklist forms **complete**

Your results: Your results – with a personalised **Rotation Diet Guideline** – appear in your secure i-screen dashboard, typically within **10–12 days**. IgG reflects food exposure, so results are best discussed with a practitioner. Unsure of anything? Email us at info@i-screen.ai.