



## Instructions for MRT176 Food Sensitivity Testing

*Read over these instructions carefully to ensure proper sample collection & shipment to lab.*

- This is a blood test. You do not have to fast or eat a special diet for this test.
- The lab fee for this test is \$355. (Price is subject to change). You will pay the lab directly. *Be sure to complete payment information included on the form in the test kit.*

### **Getting your blood drawn:**

- You will need to make an appointment for a "Kit Draw" at a local draw location or with a mobile phlebotomist.
- You can look to see if there is a draw location near you by visiting this link: <https://www.nowleap.com/draw-locator/>
- If there is no local draw location you can google "Mobile Phlebotomist" to find someone in your area who provides this service. Rates typically range from \$60-\$100.

#### **Santa Barbara area:**

- Liz Beckner, **texting is the best way to reach her: 805.455.8409**  
[www.bloodbyliz.com](http://www.bloodbyliz.com)

\*If there is no way to have your blood drawn locally let me know and we can arrange for a different test to be done if needed.

- Schedule your appointment Monday - Wednesday to ensure that the sample can get to the lab the next day.

- Do not do the blood draw if there is a holiday that would prevent Fed-Ex from delivering the blood to the lab the following day.
- The Instructions for the Phlebotomist tell them how to do the test and are on a card inside the kit. **MAKE SURE THE PHLEBOTOMIST READS THEM AND FILLS ALL OF THE VIALS UP TO THE REQUIRED LINE.** If Oxford Lab does not receive enough blood for the full test, it will require another test kit and another blood draw.

### **Before you have your blood drawn:**

- Make sure you have filled out the "MRT Requisition Form" that is inside the box. The test you are taking is the MRT176.
- Make sure you either fill out the credit card information on the "MRT Requisition Form" before the kit is picked up/dropped off for shipping.

### **Shipping the samples:**

- Inside the kit is a pre-paid Fed Ex overnight shipping bag.
  - The phlebotomist should be able to pack the kit up for you and drop it off at Fed-ex.
  - If the phlebotomist isn't able to ship for you, you will need to take it to a Fed-Ex location yourself. It is a good idea to know where one is ahead of time in case you have to drive there after your blood draw.
- **The kit MUST be sent out the same day the blood is drawn and be received by the lab the following day.**