



## Instructions for MRT170 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 for this test.
- The lab fee for this test is \$335. You will pay the lab directly. Be sure to complete payment information included on the form in the test kit.

### Getting your blood drawn:

- To find a location that will do your blood draw, visit this website:  
<https://nowleap.com/draw-locator/>

### Santa Barbara:

- You can make an appointment at Pacific Diagnostic Laboratory by clicking **HERE**. Be sure to specify “Kit Draw” when scheduling.
- Or you can make an appointment with a mobile phlebotomist who will come to your home or office. Her rates are around \$70.  
*Liz Beckner, text or call: 805.455.8409 [www.bloodbyliz.com](http://www.bloodbyliz.com)*
- Schedule your appointment Monday - Thursday to ensure that the sample can get to the lab the next day.
- Each of these draw companies above will ship the kit out for you.
- The lab doing the blood draw will likely charge a draw fee, payable at the time of service, in addition to the fee paid to Oxford Lab (the analyzing lab for MRT).
- If you can't find a lab in your area from the Draw Locator website, take the kit to a hospital or any other “outpatient” lab. Large lab chains like

Quest and LabCorp will not do 'kit draws'. Small hospitals and outpatient clinics that have a lab are your best bet.

- You can also bring your MRT Draw Kit & MRT Requisition Form to your local Any Lab Test Now and the blood draw will be done for a flat fee at all locations, payable at the time of blood draw. To find an Any Lab Test Now location near you, visit:

<https://www.anylabtestnow.com/locations/>

### **Before you go to the lab:**

- Make sure you have filled out the "MRT Requisition Form" that is inside the box. The test you are taking is the MRT170.
- 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.
- Arrive at the lab so the blood draw can be performed between 12-2 PM. This ensures the blood will be viable when Oxford Lab receives it the following morning. It also ensures it will be ready for Fed Ex by their last pick-up time.
- Be sure the lab is open during the lunch hour if you plan to go at noon.
- The blood sample should be taken Monday through Friday.
- 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.
- Know where the nearest Fed Ex location is to the lab/hospital that is drawing your blood.

### **Once you are at the lab:**

- At the lab, find out if they will call Fed Ex to have your kit picked up, or if they have a daily pick up time.
- 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.

### **Shipping the samples:**

- Inside the kit is a pre-paid Fed Ex overnight shipping bag. The lab should be willing to either:
  - Pack the kit up for you and call Fed Ex to ask for a special pick-up at the hospital.
  - Or
  - They may tell you that Fed Ex has a specific time to pick all the samples each day, and they will add your kit to the other items waiting to go out.
  - If the lab 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.**