



RESTORE YOUR HEALTH WITH

LRA by ELISA/ACT®

Tests & Treatment Plans

Patient Test Preparation Instructions

Dear Patient,

Your healthcare practitioner has recommended the **LRA by ELISA/ACT** tests to identify items that are overburdening your immune system and preventing it from functioning optimally. For more information about the test, please visit www.ELISAACt.com.

This booklet contains the following IMPORTANT INFORMATION:

- ♦ **Test Preparation Instructions.** Your blood cannot be processed if these simple preparation instructions are not followed.
- ♦ **Shipping Instructions.** Your blood sample **MUST** be shipped OVERNIGHT immediately after blood draw.
- ♦ **Health Assessment Questionnaire (HAQ)** Clinical interpretation will be included with LRA by ELISA/ACT test results.
- ♦ **Financial Policy.** This must be signed and returned with your sample.

Please contact your healthcare professional or ELISA/ACT Biotechnologies Client Services at 1-800-553-5472 if you have any questions about proper preparation or shipping the blood sample to our lab.

Thank you,

Client Services

ELISA/ACT Biotechnologies LLC

PREPARATION INSTRUCTIONS for LRA by ELISA/ACT® Tests

4 Days Before Blood Draw

IMPORTANT: Speak to your doctor before stopping any medication he/she has prescribed.

- Stop taking steroids and cortisone pills and creams. NOTE: you must wait 2 weeks after a cortisone injection before having the LRA by ELISA/ACT tests. Ask your doctor for the steroid bridge to assist with the 4 day avoidance of steroids.
- Stop taking Enbrel (etanercept), Humira (adalimumab), Remicade (infliximab), and other TNF inhibitors.

Note: Theophylline (aminophylline) may, on rare occasions, interfere with the tests due its mild antihistamine activity and should be avoided for 48 hours.

2 Days Before Blood Draw

- Stop taking all over-the-counter antihistamines, antihistamine-containing prescriptions, and aspirin (acetyl-salicylate) containing compounds such as

Alka Seltzer	Encaprin	Vanquish
Ecotrin	Midol	Talwin Compound
Fiogesic	Bayer	Sleeping Aids
Percodan	Equagesic	Synlagos-DC
Anacin	Bufferin	MonoGesic
Arthritis Pain Formula	Excedrin	Triacimicin

NOTE: Some shampoos, lotions, creams, etc. contain salicylic acid. While these should not interfere with the test, they should be avoided if possible during the 48-hours period prior to the test.

Evening Before (or 12+ hours prior to) blood draw:

Take a shower or bath using only simple soap/shampoo, no added fragrance, deodorant, moisturizer, conditioner, beauty products. Do this just before you begin your 12 hour fasting period.

During 12 Hours Before Blood Draw:

DO NOT :

Do NOT eat or drink anything except spring or distilled water.

Do NOT take vitamins or medications (except those listed to the right).

Do NOT use any deodorant, body lotions, creams, saline solution, scented hand soap, lip balm, hair products, makeup, or other beauty products.

Do NOT use toothpaste.

Do NOT smoke or expose yourself to 2nd hand smoke.

DO :

Drink plenty of spring or distilled water.

Complete the Health Assessment Questionnaire

Take any of the medications listed below if required.

- Birth Control Pills/estrogens
- Insulin or other hormones (such as thyroid)
- Heart medications, EXCEPT quinidine.
- Zovirax (acyclovir)
- Blood pressure medications or water pills
- Anticonvulsants
- Coumadin (blood thinners)
- Advil, Motrin, Tylenol, and other NSAIDS - NOT ASPIRIN

Day of Blood Draw:

DO NOT :

Do NOT Shower or use any beauty products or toiletries.

Do NOT Eat breakfast.

Do NOT Take any medications or supplements.

DO :

Rinse your mouth with spring or distilled water.

Drink plenty of spring or distilled water.

IF YOU DO NOT FOLLOW THESE INSTRUCTIONS, YOUR BLOOD CANNOT BE PROCESSED.

Packing and Shipping Instructions for LRA by ELISA/ACT® Tests

Preparing specimen for transport:

Chill cool pack in the refrigerator at least three (3) hours [**NEVER freeze**]. Blood in the vacutainers should be kept in the refrigerator before packing and shipping (DO NOT spin).

For shipment:

This kit comes with UPS shipping materials. You should have a UPS Laboratory Pak bag and a preprinted return mailing label attached to the bag.

1. After the blood draw, place the vacutainers into the biohazard bag along with the absorbent pad. The paperwork will go into the outer pouch on the biohazard bag.



2. Place the biohazard bag containing the sample into the Styrofoam container along with the refrigerated only cold pack (**Do not Freeze!**). Close the lid and secure the Styrofoam box tightly. (June—August use 2 cold packs)



3. Place the Styrofoam box into the cardboard box. These materials are needed to fully protect the specimen and keep it cool in transit.

4. Place the box into the UPS shipping bag. The UPS return shipping label should be affixed to the bag.
5. Call UPS (in the morning if possible) for pick up the same day the sample is drawn. We must receive the sample the next day!

NOTE: Do not have blood drawn on Saturday, Sunday , holidays, or the day before a holiday.

If shipping a sample on Friday:

If you have UPS shipping supplies—call Client Services at 800-553-5472 with the UPS tracking number.

If you DON'T have UPS shipping supplies—call for special instructions to ensure sample arrives on Saturday.

Shipping Check List

- ☐ Requisition Form filled out completely and included with sample.
- ☐ Payment is included with sample.
- ☐ Any applicable coupons or discounts are included with sample.

If you have any questions, please contact our Client Services Department at 800.553.5472 or email clientservices@ELISAACT.com.

Blood Draw Information for LRA by ELISA/ACT Tests

If your practitioner does not do blood draws in his/her office, you have options:

- Your healthcare practitioner may refer you to a local facility to have your blood drawn. **You will need to take the test kit with you.**
- You may contact ELISA/ACT Biotechnologies Client Services at 800-553-5472 for the location of a blood draw facility near you . **You will need to take the test kit with you to the facility.**
- For any of the options above, **please follow the packing and shipping instructions in this booklet.** To ensure that we receive live cells, **our lab must receive your properly packaged sample the day after your blood draw.**

NOTE:

If your healthcare practitioner has given you a test kit, **open the kit and refrigerate the cool pack at least 3 hours** before having your blood drawn. **DO NOT FREEZE!!**



ELISA/ACT Biotechnologies LLC

Financial Policy

- **PLEASE READ THIS ENTIRE POLICY BEFORE SIGNING.**
- **RECEIPT FOR SERVICES RENDERED WILL NOT BE PROVIDED UNLESS THIS FORM IS SIGNED AND RETURNED TO US.**
- **SIGNING THIS FORM STATES THAT YOU AGREE TO AND FULLY UNDERSTAND THE FOLLOWING FINANCIAL POLICIES.**
- **TESTING IS NOT INSURANCE REIMBURSABLE. THERE IS NO APPLICABLE CPT FOR LRA ASSAYS.**

Thank you for choosing the LRA by ELISA/ACT[®] tests and treatment plans. Complete payment must be provided before services are rendered.

The LRA by ELISA/ACT tests are NOT insurance reimbursable. EAB will only provide a receipt upon request after service is rendered. We are not responsible for any insurance reimbursement on this type of service.

Full payment (money orders, checks, Visa, MasterCard, American Express, or Novus/Discover) and **this signed form must be submitted at the time of service.**

PATIENT SIGNATURE

DATE



Return this signed form with blood sample.