

Patient Preparation Instructions

Blood Cannot Be Processed If Instructions Are Not Followed

This preparation process minimizes the potential for lymphocyte activation prior to the analysis and avoids medications (steroids, aspirin) and other substances that could interfere with lymphocyte reactions to antigens being tested. These instructions are included in the Patient Test Prep Booklet that should be given to patients at least 4 days prior to the blood draw.

Four (4) Days Prior To The Test (NOTE: Consult with your doctor before stopping any treatment)

- Stop taking steroids and cortisone pills and creams. Ask your doctor for the Steroid Bridge to assist with the four-day avoidance.
- Stop taking Enbrel (etanercept), Humira (adalimumab), Remicade (infliximab), and other TNF inhibitors.
- Wait two weeks after the injection of a cortisone suspension.
- Include a complete list of any medications, vitamins, or herbs you have been taking with the sample.
- If taking allergy shots, please contact Client Services for optimal timing of LRA by ELISA/ACT tests.

NOTE: Theophylline (aminophylline) may, on rare occasions, interfere with the tests due to its mild antihistamine activity. The patient should be given the option of either taking the test during a drug-free interval or taking the test anyway, and if invalid results occur, retaking the test at no additional charge.

Two (2) Days (48 Hours) Prior To The Test

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

Alka Seltzer	Bayer	Equagesic	Midol	Sine-Off
Anacin	Bufferin	Excedrin	MonoGesic	Talwin Compound
Arthritis Pain Formula	Ecotrin	Vanquish	Percodan	Triacimicin

(See your doctor or pharmacist to review your medications' aspirin content.) **NOTE:** Some topical shampoos, lotions, creams, etc. contain salicylic acid. While these should not interfere with the test, they should be avoided if possible during the 48-hour period prior to the test.

12 HOURS OF FASTING IS REQUIRED FOR THE 12 HOURS BEFORE YOUR BLOOD DRAW:

- Do not eat or drink anything except spring or distilled water.
- Drink plenty of spring or distilled water up until the time of your blood draw.
- Do not take vitamins or medications other than those listed here (see right). Always consult your prescribing physician before stopping your medication.
- From the time of your evening meal until the blood draw the following morning, brush your teeth with water only (no toothpaste).
- Do not wash your hands, hair, or body with anything but water. Avoid smoking and second-hand smoke. Do not use any beauty products or toiletries.

JUST BEFORE YOUR 12 HOUR FAST BEGINS YOU SHOULD:

- Take a shower/bath using simple soap and shampoo (nothing with perfume, deodorant, moisturizer, or conditioner). We suggest a glycerin soap, or baby shampoo.
- Do not use any deodorants, body lotions, creams, saline solution, scented hand soap, lip balm, hair products, makeup, or other beauty products after you've washed off.
- You may brush your teeth with toothpaste before the 12 hour fast begins, but not after.

THE DAY OF THE BLOOD DRAW:

- Do not take another shower, use any beauty products or toiletries, or wash your hands/face until after the blood draw.
- Do not brush your teeth with toothpaste, only water.
- Do not eat breakfast or take any medications or vitamins prior to the blood draw.
- Drink lots of spring or distilled water up until time of blood draw.

During the 12 Hour fast you may take the following if needed:

- Birth control pills/estrogens
- Blood pressure medications or water pills
- Insulin or other hormones (such as thyroid hormones)
- Anticonvulsants
- Heart medications, except quinidine
- Coumadin (blood thinner)
- Zovirax (acyclovir)
- Advil, Motrin, Tylenol, and other NSAIDs