



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.EvexiaDiagnostics.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.

Please contact your healthcare professional or Evexia Diagnostics at 888-852-2723 if you have any questions about proper preparation or shipping the blood sample to our lab.

Thank you,

Client Services
Evexia Diagnostics



ELISA/ACT Biotechnologies LLC
109 Carpenter Drive Suite 100
Sterling, Virginia 20164

FINAL CHECK LIST for LRA by ELISA/ACT Tests

- ☐ Test preparation instructions followed (see pages 2-3)
- ☐ Avoided listed medications
- ☐ Fasted for 12 hours
- ☐ No shower, beauty products, or toothpaste for 12 hours prior to blood draw
- ☐ Drank plenty of spring or tap water.
- ☐ Sample prepared for shipment according to instructions (see pages 4-5)

IMPORTANT PREPARATION 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 inhalers, 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.
- Stop taking Xeljanz (tofacitinib) and other JAK 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 (acetylsalicylate) 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.



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. Make sure kit has valid tubes (not expired), all supplies, and UPS mailing bag.**

If your healthcare practitioner does not refer you to a blood draw facility, you may contact Evexia Diagnostics Client Services at 888-852-2723 for current blood draw options. **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!!**

Evening Before (or 12+ hrs prior to) Blood Draw:

Take a shower or bath using only simple soap/shampoo. Do not use anything with added fragrance, deodorant, moisturizer, conditioner, or any 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 tap water.

Do NOT take vitamins or medications (exceptions 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 tap water.
Complete the Health Assessment Questionnaire

Medications permitted:

- 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 tap water.

Drink plenty of spring or tap 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**).

NOTE: Do not have blood drawn on Saturday, Sunday, holidays, or the day before a holiday (call for dates if near a holiday).

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 with the absorbent pad. The paperwork will go into the outer pouch of 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!

If shipping a sample on Friday:

If you have UPS shipping supplies—call Client Services at 888-852-2723 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 (test panel clearly marked). If no panel is marked, the lab will run the Comprehensive 317 panel

If you have any questions, please contact our Client Services Department at 888-852.2723 or email info@evexiadiagnostics.com.