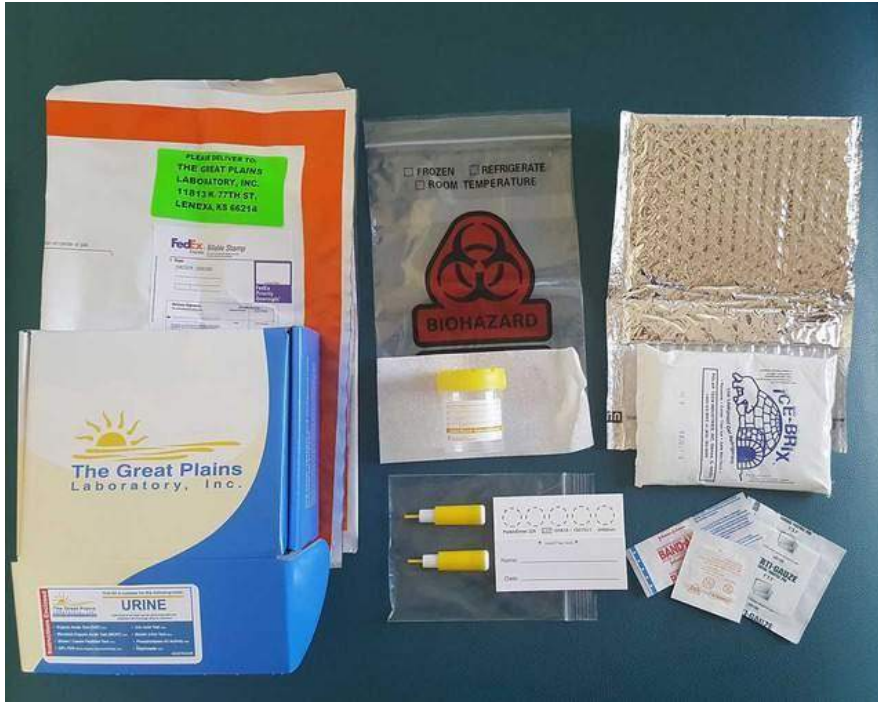


# GREAT PLAINS OAT/IGG



**Please read the instructions thoroughly provided with this kit. Check your kit and call our office or the lab if anything is missing or damaged.**

- This is a kit in two parts. The first test is a urine collection kit. It is a clean capture kit, meaning you collect it midway through the stream. The second test is a Dried Blood Spot, or DBS, kit for which you collect separate blood drops onto an absorbent card.

## Urine

- Freeze the cold pack the night before collection.
- Collect sample from first urine of the morning prior to eating or drinking. Begin capture midstream to ensure good quality sample.

## Dried Blood Spot (DBS)

- **Tips to enhance blood flow:** Drink a glass of water or juice to hydrate prior to puncture. Swing arm around, and/or massage hand and fingers from forearm down to finger tips to promote circulation. Place hand in warm water for a few minutes to promote circulation.
- If insufficient blood is collected to fill all circles after using both lancets, additional punctures may be required. Please call the office if you need additional lancets or to arrange an appointment for assistance. *Do not send specimen to lab if collection is incomplete as sample will be rejected.*

**Ensure that the requisition and all accompanying paperwork are filled out and placed in the package before sealing.**

496 SOUTHMAIN ST.  
SEBASTOPOL CA 95472  
707 824-8764



Holonomic Institute  
of Integrative Medicine