

## Regenerus Laboratories Testing for Every Body

Aero 14 Kings Mill Lane  
Redhill | Surrey | RH1 5YP

T: +44 203 750 0870

[www.RegenerusLabs.com](http://www.RegenerusLabs.com)



# FIT

(Food Inflammation Test)

From



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1: Use the side of the fingertip on either the middle or ring finger for the finger stick. Do not use the centre pad of the finger, it is the most sensitive area.



2: Warming your finger may be necessary to acquire the correct amount of blood. Simply run warm to hot water over it for a few minutes and dry it well before gently massaging the finger from the base to the tip until the finger turns red.



3: Clean the site you will use with the provided alcohol swab and allow to air dry

4: Position the lancet provided over the area you just cleaned and press lancet firmly against puncture site. Once the site has been punctured, set the lancet aside. Gently massage from the hand toward the puncture site to obtain required volume. Do not squeeze or apply strong repetitive pressure to the site as it may damage the sample.

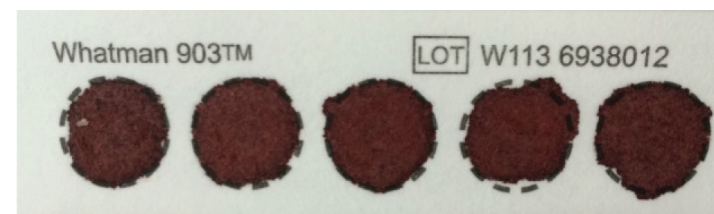


5: Fill each circle on the provided collection card with blood. It is important to fill each circle to ensure enough sample can be obtained to properly administer the test. Please fill all five. (See Opposite Page)

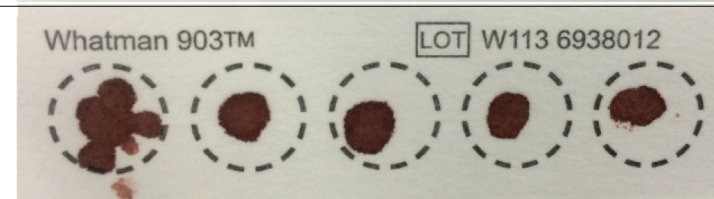
6: Following collection, clean the area with the second provided alcohol wipe and press clean gauze or cotton on the area until bleeding has stopped.

Below are examples of the blood spots required for using this test. The first shows how an acceptable, filled spots should look to get good results from the test. The second shows unacceptable spots that will not give good results could look like. Once completed, your blood spots should match as closely as possible to the first set below.

Acceptable



Not Acceptable



For additional assistance a short video is available at:  
<http://kbmodiagnostics.com/bloodspot-tutorial-video>

Please complete the enclosed requisition form and return along with your completed test.

### Returning Your Completed Specimen

- 1 Label and date the collection card
- 2 Air dry test for at least 60 min
- 3 When dry place in Biohazard bag
- 4 Complete requisition form
- 5 Place all items in return envelope
- 6 Apply postage to envelope
- 7 Return to Regenerus Laboratories

This test is exclusively provided by Regenerus Laboratories within the UK and Europe.

For assistance please visit  
[www.regeneruslabs.com](http://www.regeneruslabs.com)  
Or Telephone +44 (0) 203 750 0870