

## INDOOR REACTIVITY – IGG PANEL Test Preparation

### Step 1 - Patient Preparation

1. Avoid the use of antihistamines for 7 days prior to testing, where possible.
2. Continue to take any required medication or supplements.

### Step 2 – Indoor Reactivity Test – IgG Test

Please follow the guidelines in the test sample box

1. Receive 2 requisitions (one for a local lab to do the blood draw and one for the food sensitivity test lab) and test kit
2. Book an appointment after 7:30 am the same day of test at the lab designated on your local lab for the blood draw i.e. [www.dynacare.ca](http://www.dynacare.ca) or [www.lifelabs.com](http://www.lifelabs.com).
3. Go to the lab as designated on your lab requisition and given them the lab requisition for the blood draw and the test kit. They will then draw your blood sample and then prepare it for shipping. They may ask you to return 2 hours later to pick it up. Allow for time for this i.e. go at least 2 hrs. before the lab closes.

### Step 3 - Shipping

#### Refer to shipping instructions with the kit

The sample must be taken on either Monday, Tuesday, or Wednesday, and must be shipped on the same day the sample was taken. Follow the shipping directions provided in the kit.

**Note** – if there is a discrepancy between the information here and your test kit, follow your test kit instructions. Additional information is provided in the test kits regarding preparation, collection and medications, circumstances, medical conditions, supplements, etc. that may affect the results of the test.

**Test results** are generally available 2 weeks after lab testing. Please schedule a follow-up appointment with your healthcare team member to review the results and integrate into your health plan.

**Insurance & OHIP:** This test is not covered by OHIP. You will be required to pay for this test at the clinic and then seek reimbursement from your employment or private health care plan if applicable.

If you have any questions [info@revivelif.ca](mailto:info@revivelif.ca) or 613-829-7100