

FOOD SENSITIVITY TEST 2 – IGG 120 OR 200 PANELS Test Preparation

Step 1- Patient Preparation

1. Receive your blood requisition (for direct lab testing) or your test kit for third party testing.
2. Continue to take any required medication and or supplements. Discontinue antihistamine medication at least 48 hours prior to testing where possible.

Step 2A- The Food Sensitivity Test – Direct Lab Testing

3. Go to www.dynacare.ca or the lab on your requisition's website to pre-book your appointment for lab work after 730 am the day of testing to avoid waiting if you wish.
4. Proceed to the lab that is designated on your requisition. The lab technician will take your sample.

Step 2B- The Food Sensitivity Test- Third Party Testing (Lab Kit)

5. Please follow the guidelines in the test sample box and if there are any discrepancies in the information provided here and your test kit, follow the test kit information.
6. Receive 2 requisitions (one for a local lab to do the blood draw and one for the food sensitivity test lab) and test kit
7. Go to www.dynacare.ca or the lab on your requisition's website to pre-book your appointment for lab work after 730 am the day of testing to avoid waiting if you wish.
8. Proceed to the lab that is designated on your requisition and give them the lab requisition for the blood draw and the test kit. They will then draw your blood sample and then centrifuge it and 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 (For Third Party Testing – Lab Kits Only)

9. Place the contents of the test kit with your lab sample in the courier envelope and follow shipping directions. Either drop off at the courier office or call for a pick-up.
10. Do NOT ship on weekends or holidays, for best results ship on Monday – Wednesday.

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.

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.

If you have any questions: 613-829-7100 or info@revivelife.ca