



Test Preparation Instructions for LRA by ELISA/ACT®

IF YOU DO NOT FOLLOW THESE INSTRUCTIONS, YOUR BLOOD CANNOT BE PROCESSED.

FOUR (4) DAYS PRIOR TO THE TEST

- Stop taking steroids and cortisone pills and creams unless specifically advised by your doctor. Ask your doctor for the Steroid Bridge information to assist with the four-day avoidance.
- Stop taking Enbrel (etanercept), Humira (adalimumab), Remicade (infliximab), and other TNF inhibitors.
- Wait two weeks after the injection of a cortisone suspension.
- Include a complete list of any medications, vitamins, or herbs you have been taking with the sample.

NOTE: Theophylline (aminophylline) may, on rare occasions, interfere with the LRA by ELISA/ACT tests due to its mild antihistamine activity. Patients should be informed that the test may be rendered invalid (the controls show either false-positive or false-negative results). The patient should be given the option of either taking the test during a drug-free interval or taking the test anyway, and if invalid results occur, retaking the test at no additional charge.

TWO (2) DAYS (48 HOURS) PRIOR TO THE TEST

Stop taking all over-the-counter antihistamines, antihistamine-containing prescriptions, and aspirin (acetyl-salicylate) containing compounds such as: (*See your doctor or pharmacist to review your medications' aspirin content.*)

Alka Seltzer	Anacin	Arthritis Pain Formula	Bayer	Bufferin	Ursinus
Ecotrin	Empirin	Encaprin	Equagesic	Excedrin	Vanquish
Fiogesic	Measurin	Midol	Momentum	MonoGesic	Sleeping Aids
Percodan	Sine-Off	Synlagos-DC	Talwin Compound	Triacimicin	

NOTE: Some topical shampoos, lotions, creams, etc. contain salicylic acid. While these should not interfere with the test, they should be avoided if possible during the 48-hour period prior to the test. Please also avoid eating fatty foods like nuts.

12 HOURS PRIOR TO THE TEST

- **Do not** eat or drink anything except spring or distilled water.
- **Drink plenty of spring or distilled water up until the time of your blood draw.**
- **Do not** take vitamins or medications (other than those listed below) unless specifically advised by your doctor.
- From the time of your evening meal until the test the following morning, brush your teeth with water only (no toothpaste).
- Avoid smoking and other people's smoke or any other exposure that may cause a reaction, including beauty products and toiletries.

THE EVENING BEFORE A MORNING BLOOD DRAW:

- Take a shower or bath around 8 p.m. the evening before.
- Use regular soap and shampoo, nothing with deodorant, extra moisturizer, or conditioner.
- **Do not** use any deodorants, body lotions, creams, saline solution, scented hand soap, lip balm, hair products, makeup, or other beauty products.
- **Only** brush your teeth with water.

ON THE MORNING OF THE BLOOD DRAW:

- **Do not** take another shower or use any beauty products or toiletries until after the test.
- Rinse your mouth with spring or distilled water.
- **Do not** eat breakfast or take any medications or vitamins prior to the test.
- **In your doctor's office:** Take the **Stress Hormone Screening Test** before having your blood drawn. Please refer to the enclosed instructions for more information.

DURING THE 12-HOUR FAST, YOU **MAY** TAKE THE FOLLOWING MEDICATIONS:

1. Birth control pills/estrogens
2. Insulin or other hormones (such as thyroid hormones)
3. Heart medications, except quinidine
4. Zovirax (acyclovir)
5. Blood pressure medications or water pills
6. Anticonvulsants
7. Coumadin (blood thinner)
8. Advil, Motrin, Tylenol, and other NSAIDs