



moleculera labs

## CUNNINGHAM PANEL INSTRUCTIONS

**Please read these instructions carefully before booking your phlebotomy appointment:**

1. Call the Academy of Nutritional Medicine (AONM, [www.aonm.org](http://www.aonm.org)) helpline on +44 (0) 3331 210 305 to find out how best to access a kit. If you live near a clinic that has a stock of test kits, you will not need to be sent one. Please enquire when you ring the helpline if the clinic you intend to use for the blood draw has a stock of Cunningham Panel Test Kits. If this is not the case, a kit will be sent to you upon purchase of the panel and acquisition of the authorisation code (see below).

2. Find a clinic or a phlebotomist where you can have your / your child's blood drawn. AONM have a list of phlebotomists, please ask for a copy if needed. Please arrange the blood draw for a **Monday, Tuesday (Wednesday for central areas, please inquire at FedEx whether pickup and delivery by the next day to the US is possible)**, so we can make sure the blood reaches the US well in time before the weekend.

3. **Call AONM in advance of going to the blood draw.** The fee can be paid over the phone, and you will receive **an authorisation number**: please fill this in the box on the bottom right-hand side of the form. At the same time, please let us know where you want the blood picked up from. A waybill (pickup note for the courier, FedEx) will be issued and sent to you by email, as well as a commercial invoice. Please print out all pages of the waybill, and three copies of the commercial invoice. These are all unique to you – please **take them with you to the clinic**. (At a few established clinics in London, this paperwork is there and will not need to be issued to you).



4. Put the ice packs that are in the kit in the freezer **at least the night before going for your blood draw**. When you arrive there, ask the nurse to put them in the freezer immediately, so they stay frozen.

If the blood draw is for a child, you may wish to buy Emla cream from Boots or other pharmacies and use this on your child's arm as directed, applying it **45 minutes before** the blood draw (this is mild anaesthetic, so the needle prick cannot be felt so much).

5. Please give the "Phlebotomist Instructions" to the nurse when you arrive.

After the blood draw, please remind the nurse that your ice packs have been put in the freezer, and to use them as instructed.

6. Hand over the waybill and commercial invoice, as well as your requisition form **(best to make copies of all of this first)**.

7. Please ask the nurse to sign that your blood has been drawn in the special brown-topped tubes that came with the kit (there is a special line for that on the requisition form).

When the blood has been spun, it will be transferred into the small transfer tube in the kit and sent (surrounded tightly by the ice packs) to the USA. The courier needs to have a window of **at least 3 hours in the afternoon to pick the blood up**, so please make your appointment for the blood draw in the morning, ideally.

Everything else is on the Phlebotomist Instructions. Please call us on +44 (0) 3331 210 305 if you have any questions.

8. Your results will be sent to AONM. They will then be sent on to your doctor or therapist, who will contact you with the results, or to you, if you have so requested.

**Please call our helpline on +44 (0) 3331 210 305 if you require assistance. We will be happy to help.**