

Step 3:

Ship the specimen to the lab

Specimen must be returned in the Genova Diagnostics kit box for correct delivery to the lab. Not following these instructions may result in a shipping charge.

- Plan to ship the specimen Monday – Friday overnight delivery.
- Call 1.800.GoFedEx (1.800.463.3339) to schedule shipping. When the automated system asks “How may I help you?” say “Return a Package”. Tell the FedEx representative “I am using a billable stamp” and they will walk you through the process and make it easy.
- **Make sure the tubes are tightly closed and identified** with completed labels and sealed in the bubble wrap bag. Seal the tubes in the Biohazard bag, and seal it securely.
- **Place biohazard bag (with specimens) inside kit box** and place completed and signed requisition on top before closing.
- Close the kit box, but do not staple or tape the box.
- **Print your name and address** in the section marked “From” on the prepaid shipping envelope label. DO NOT mark or write in any other sections.
- Put the kit box into the envelope and seal the envelope.
- Keep your shipment and tracking numbers for future reference and tracking purposes.

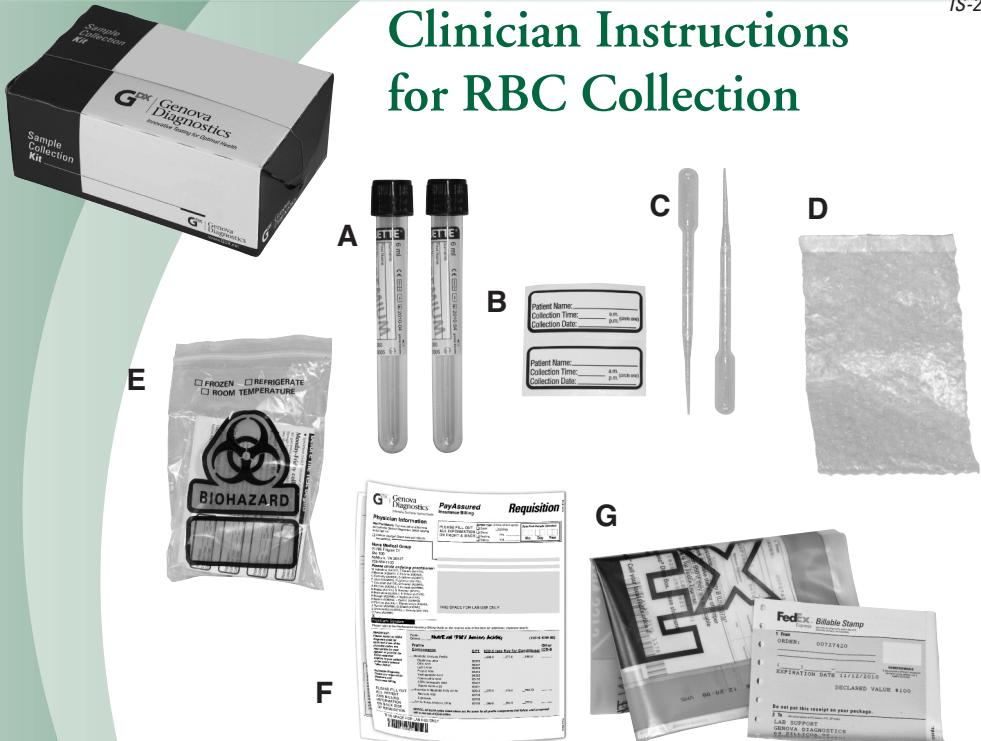


Genova Diagnostics®
Innovative Testing for Optimal Health

Elemental Analysis, Packed Erythrocytes

IS-2953

Clinician Instructions for RBC Collection



Check Your Kit

A - 2 Na Heparin
Blue-top tubes
B - 2 Labels
C - 2 Pipettes

D - 1 Bubblewrap bag
E - 1 Biohazard bag with absorbent pad
F - 1 Requisition (to be completed and signed)
G - 1 Prepaid mailing envelope

- If any items are missing or expired, call Client Services on 800.522.4762 and press “1”.
- Keep the kit box for shipping your specimen to the lab.

Step 1:

Schedule & Prepare for the blood draw

- **Schedule the patient accordingly**

- Corticosteroids may influence some of the markers in this profile. Lab results may help demonstrate their influence, or the physician may elect to have the patient temporarily discontinue them.
- 4 Days before the blood draw have patient avoid all non-essential medications and all vitamin and mineral supplements (including zinc lozenges).
- Patients must **fast overnight** (at least 12 hours) prior to the blood draw. They should also be instructed to eat light meals the day before and *avoid seafood*.

- **Sample processing** must be completed within 30 minutes after blood draw.

- Before venipuncture, **thoroughly wash the skin area** with isopropyl alcohol, using two successive swabs of clean, sterile cotton. *Do not use iodine or mercury-based disinfectants/antiseptics*. Extra cleaning of the skin is important for accurate trace element analysis.

- Use only stainless steel needles, with no aluminum or other metal crimp ring.

- **Contact FedEx and schedule to ship the specimen overnight delivery** Monday - Friday. *Specimens must be received at the lab within 5 days of collection.*

- **Complete the Requisition Form** with all patient and billing information. Be sure it is signed by the Patient/Responsible Party and the healthcare provider.

Step 2:

Blood Draw & Serum Preparation

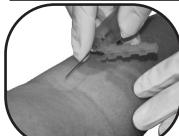
Not following these instructions may affect the test results.



- 1 Write the patient's full name and the time and date of collection on each label and apply to tubes.



- 2 Before venipuncture, **thoroughly wash the skin area with isopropyl alcohol**, using two successive swabs of clean, sterile cotton. Do not use iodine or mercury-based disinfectants/antiseptics.



- 3 Draw blood to fill the two collection tubes. *Step 4 must be completed within 30 minutes after blood draw.*



- 4 Mix blood samples thoroughly by gently inverting the tubes 10-15 times.



- 5 Centrifuge the tube for 15 minutes at 3000 rpm.



- 6 Using the pipettes provided, **remove and discard plasma**. Save caps from tubes.



- 7 Carefully and completely **remove and discard the buffy coat layer** on top of the red blood cells. Using the same cap from each tube, tightly recap the tubes containing the packed red blood cells.



- 8 Wrap the absorbent pad around both tubes, then place the tubes in the bubblewrap bag and seal securely. Place the bubblewrap bag inside the Biohazard bag. *Specimens may be stored at room temperature if shipped on the same day. If stored overnight, please refrigerate. DO NOT FREEZE.*

- 9 **Complete the Requisition:** Enter date in box labeled "Date Final Sample Collected".