

BLOOD DRAW / HANDLING INSTRUCTIONS

1) COLLECT BLOOD SAMPLE

	<p>COMPLETE Requisition Form</p> <p>Blood draw: Please be sure to fill tubes to capacity!* Collect appropriate number of tubes</p>
<p>Blue Top - Invert 3-4 times Green Top - Invert 8 times Gold Top - Invert 5 times (not shaking)</p>	<p>Immediately INVERT GENTLY Blue Top - Invert 3-4 times / Green Top - Invert 8 times / Gold Top - Invert 5 times (not shaking) (For Homocysteine test, gold tube must be centrifuged for 15 minutes at 2200 – 3000 RPM within one hour)</p>
<p>Tubes MUST be labeled correctly</p>	<p>LABEL VIALS with patient's FULL NAME, DATE OF BIRTH (DOB), and DATE and TIME of collection</p>

CSS is a CLIA licensed laboratory. Please complete requisition form entirely. Remember to obtain necessary signatures.

*** It's important to label tubes and fill tubes to capacity. Any tubes received with less than 3 mL may require recollection.***

2) PACKAGE CORRECTLY (follow biohazard protocol)

	<ul style="list-style-type: none"> ▶ Place TUBES in SLEEVE ▶ Place sleeve in BIOHAZARD bag
<p>Completed REQUISITION form into rear pouch</p>	<ul style="list-style-type: none"> ▶ Place REQUISITION FORM into REAR POUCH of biohazard bag and SEAL.
	<ul style="list-style-type: none"> ▶ Place biohazard bag and SEAL into silver INSULATED BAG, then pack into the CSS BOX. Place ice pack outside of insulated bag. If temperature is greater than 78 degrees in place of origin or destination, please freeze ice pack. <p>***Do NOT use a FedEx drop box***</p>
	<ul style="list-style-type: none"> ▶ Place the CSS BOX INSIDE the FedEx bag <p>In case of extreme hot temperatures, use frozen ice packs</p> <div style="background-color: #4CAF50; color: white; padding: 5px;"> <p>→ Green Savings: 1-3 test kits may be shipped in one Laboratory Pack</p> </div>

***** PLEASE DO NOT DISPOSE NEEDLES IN TEST KIT / FOLLOW BIOHAZARD PROTOCOL *****





3) Schedule SAME DAY PICK UP - Shipping carrier is pre-paid

	<p>Call Shipping carrier & schedule same day collection</p> <p>FedEx 1.800.463.3339</p>
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Customer Service is here to help with any questions: 800-872-5228 ext. 808

SAMPLE COLLECTION GUIDE

Test Tube Legend - *Tubes must be filled to capacity





	Blue top 3.8% Sodium citrate tube		Green top Lithium heparin tube		Gold top serum separator tube		Buccal Swab
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***Please note green tubes can be used interchangeably with blue tubes.**

ALCAT TEST (food & chemical sensitivity)

Test Profiles vary


Blood Collection (Whole Blood)
Requires immediate shipment

Up to 100 items: 2		200-300 items: 3	
300-400 items: 4		Over 400 items: 5	

CNA (Cellular Nutrition Assays)


Full Array (CNA, Redox/APA)

Blood Collection (Whole Blood)
Requires immediate shipment




Individual CNA Test Options:

CMA only; Redox/APA only

Each 

METHYL DETOX PROFILE

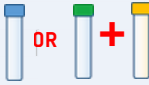
Blood Collection
(Green Tube OR Blue Tube OR Swab)



CICA /Celiac, IBS, & Crohn's Array

(Genetic + Serologic)


Blood Collection
(Green Tube or Blue Tube and Swab)



(Green Tube or Blue Tube requires immediate shipment)

TELOMERE LENGTH

Blood Collection (Whole Blood)
Requires immediate shipment



Individual Test Options:

Methyl Detox
individual gene(s)



Homocysteine (add on)

! To ensure an accurate homocysteine reading, the gold top (serum) tubes:

- 1) Gently invert tubes five times.
- 2) Allow blood to clot at least 30 minutes in a vertical position.
- 3) Centrifuge for 15 minutes at 2200-3000 rpm within one hour of draw.



Individual Test Options:

CICA genetic stand-alone



CICA Antibodies stand-alone



Important MEDICATION Information

- Testing does not need to be delayed because of medication or supplement use.
- Medications that are part of your daily routine should be continued as they are considered part of your normal physiological state.
- If possible, please avoid taking any oral medications, IV infusions, intramuscular (IM) injections, or oral supplements for 4 hours **before** blood draw.
- If you are taking medications that may impact white blood cell counts, it is recommended to collect an additional blood tube at the time of your draw.
- For short term medications (such as antibiotics) that will be discontinued, it is best to wait at least 2 weeks after completing the medication before completing your blood draw.
- If you are taking methylene blue, it is recommended to wait at least 72 hours after your last dose before proceeding with your blood draw for the **Cellular Nutrition Assay**.

Draw Blood from Monday - Saturday

- Ship specimen the same day with prepaid shipping label.
- If blood was drawn in the **late afternoon/evening or on Sunday**, ship early in the morning the next day. If left overnight, please store at room temperature (do NOT refrigerate!).
- In case of extreme hot temperatures, please use the frozen ice packs.

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