

# Provider Guide



Amino Acids Analysis, Plasma

#3501

BEFORE YOU BEGIN

## Ordering Physicians

Visit [gdx.net/activate](https://gdx.net/activate) and enter the number found on the included activation label card.



STEP 1

## Help Patients Plan for Collection

Ship Monday thru Friday and avoid US holidays which may cause delays. Review full clinical guidelines at [gdx.net/tests/prep](https://gdx.net/tests/prep).

### 4 Days before Collection

Discontinuing medications is at the discretion of the physician.

Some clinicians choose to discontinue non-essential nutritional supplements to get a 'baseline' reading.

Some clinicians choose to continue nutritional supplementation to assess the efficacy of their treatments.

### 24 Hours Before Collection

Patients should eat usual diet but avoid over-eating any single food or consuming an extreme diet.

### Night Before Collection

Patients should fast overnight. Water is okay.

Patients should freeze freezer brick at least 8 hours.

## STEP 2

# Specimen Collection

1. Write patient's **date of birth** (DOB) and the **date of collection** on the labels provided. Attach a completed label to the **tube** being returned to the lab.



## Blood Draw and Processing

1. **Clean the skin** thoroughly with isopropyl alcohol before venipuncture.
2. **Draw blood.**
3. **Process blood** using bench chart. Processing must be completed within **45 minutes** of blood collection. Specimens must be received at the lab **within 48 hours** of collection. If necessary, the specimens can be kept in a freezer overnight before shipping.

## Bench Chart

TUBES	PROCESS	PROCESS	LABEL AND RETURN
  <b>Na Heparin Tube Blue or Green-top</b>  <b>Blue-top Preservative Tube</b>  <b>Yellow-top Transfer Tube</b>	  <b>Gently invert</b> the tube 5-10 times <b>Centrifuge</b> 15 min. at 3000 RPM <b>Transfer</b> plasma to blue-top preservative tube <b>DISCARD USED TUBE</b>	 <b>Immediately shake</b> very hard at least 10-20 sec. <b>Centrifuge</b> 5 min. at 2500 RPM <b>Transfer</b> the clear supernatant into the yellow-top transfer tube <b>DISCARD USED TUBE</b>	   <b>FREEZE</b>

### STEP 3

## Return Collection Pack

1. Confirm that the tube has a **completed label attached** with patient's **date of birth** and the **date of collection**. Place the **frozen freezer brick** and the biohazard bags with **frozen tube** inside the **foam insulator**. Replace the foam lid.
2. Retain a copy of the **activation number** for future reference **using one of the three labels provided on the bottom of the activation label card**.
3. Visit **gdx.net/mygdx** to enter the date of your final collection and receive your **confirmation code**. Write the date of collection and your confirmation code on the **activation label card**. Place the **activation card inside** the box.
4. **Close the cardboard box** and **place** inside the **FedEx shipping bag**. Follow the shipping instructions provided.

