Amino Acids and Fatty Acids
Blood Specimen Collection Instructions

This specimen collection kit can be used for the following test(s):

- **0010 - Amino Acids 40 - Plasma**
- **0011 - Amino Acids 20 - Plasma**
- **0040 - Fatty Acids - Plasma**
- **0093 - Homocysteine - Plasma**
- **0240 - AA/EPA Ratio - Plasma**
- **0310 - Amino Acids 40 NY - Plasma**
- **0311 - Amino Acids 20 NY - Plasma**

**IMPORTANT:**

All patient specimens require two unique identifiers (patient’s name and date of birth), as well as date of collection. Patient’s first and last name, date of birth, gender, and date of collection must be recorded on the Test Requisition Form as well as all tube(s) and/or vial(s), using a permanent marker, or the test may not be processed.

**Specimen**

Plasma, 2.5-3 ml, frozen

**Collection Materials**

- Lavender top EDTA tube
- Lavender top clear transfer tube
- Disposable pipette

**Shipping Materials***

- Absorbent pad
- Ice pack
- Test Requisition Form
- Personal Health Assessment Form
- Biohazard bag with side pocket
- Specimen collection kit box
- FedEx® Clinical Lab Pak and Billable Stamp

*International shipping may vary, please see shipping instructions for more details.
Please read all instructions carefully before beginning.

Patient Preparation

• It is best to ship your specimen within 48 hours of collection. Please refer to the enclosed shipping instructions before you collect to determine what days you can ship your specimen.
• It is not necessary to discontinue nutritional supplements prior to this test. Abnormalities that may be found will reveal special needs that have not been met by recent dietary and supplemental intake.
• For tests: 0010 and 0310 (Amino Acids 40), 0011 and 0311 (Amino Acids 20), 0040 (Fatty Acids), and 0240 (AA/EPA Ratio) patient must be fasting for 8-12 hours
• For tests: 0093 (Homocysteine), it is not necessary for patient to fast
• For all tests: Patient may have water

WARNING FOR 0093 HOMOCYSTEINE:
Specimens from patients who are on drug therapy involving S-adenosyl-methionine may show falsely elevated levels of homocysteine. Results on specimens obtained from patients taking methotrexate, carbamazepine, phenytoin, nitrous oxide, anti-convulsants, or 6-azauridine triacetate should be interpreted with caution as these substances interfere with homocysteine determination.

Plasma Collection

1. Write patient’s first and last name, date of birth, gender and date of collection on the Test Requisition Form (located in the pouch on top of the Specimen Collection Kit Box), as well as all tube(s) and/or vial(s), using a permanent marker.
   • IMPORTANT: To ensure accurate test results you MUST provide the requested information.
2. Freeze the ice pack.
3. Lavender top EDTA tube and lavender top clear transfer tube
   » Draw the lavender top EDTA tube completely
   » Invert the lavender top EDTA tube 10 times to mix the EDTA with the blood
   » Centrifuge immediately for 15 minutes. The plasma must be free of hemolysis or red blood cells.
   » Remove the lavender top EDTA tube after centrifuging; DO NOT INVERT THE TUBE
   » Pipette using a fresh disposable pipette, pipette 2.5 - 3 ml plasma to the lavender top clear transfer tube.
   » Freeze the lavender top clear transfer tube

Specimen Preparation

1. Place the frozen lavender top transfer tube, frozen ice pack, and absorbent pad into the biohazard bag.
2. Staple payment to the bottom right-hand corner of the completed Test Requisition Form. Fill out the Personal Health Assessment Form. Fold and place them in the side pocket of the biohazard bag.
3. Seal the biohazard bag; Place it into the specimen collection kit box and close the box.

Checklist (Prior to Shipping)

1. Tube
   - Patient’s first and last name, date of birth, gender, and date of collection are written on the tube
   - Tube is capped tightly
2. Frozen
   - Lavender top clear transfer tube
   - Ice pack
3. Test Requisition Form with Payment
   - Test Requisition Form is complete - Test is marked, Patients first and last name, date of birth, gender and date of collection are recorded.
   - Personal Health Assessment Form
   - Payment is included
Please read all instructions carefully before beginning.

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- It is best to ship your specimen within 48 hours of collection. Please refer to the enclosed shipping instructions before you collect to determine what days you can ship your specimen.
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   » Centrifuge immediately for 15 minutes. The plasma must be free of hemolysis or red blood cells.
   » Remove the lavender top EDTA tube after centrifuging; DO NOT INVERT THE TUBE
   » Pipette using a fresh disposable pipette, pipette 2.5 - 3 ml plasma to the lavender top clear transfer tube.
   » Freeze the lavender top clear transfer tube

Specimen Preparation

1. Place the frozen lavender top transfer tube, frozen ice pack, and absorbent pad into the biohazard bag.
2. Staple payment to the bottom right-hand corner of the completed Test Requisition Form. Fill out the Personal Health Assessment Form. Fold and place them in the side pocket of the biohazard bag.
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