Nutrient & Toxic Elements - Erythrocytes & Whole Blood Profiles

Specimen Collection Instructions

This specimen collection kit can be used for the following test(s):
0022 Nutrient & Toxic Elements - Erythrocytes
0026 Toxic Metals - Whole Blood
0037 Nutrient & Toxic Elements NY - Erythrocytes
0039 Toxic Metals NY - Whole Blood

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
Whole Blood, room temperature, non-fasting

Collection Materials
• Royal-blue top Na-EDTA tube, trace mineral free

Shipping Materials*
• Absorbent Pad
• 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 have the patient fast
- 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.

Blood 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 on the royal-blue top Na-EDTA tube, using a permanent marker.
   - IMPORTANT: To ensure accurate test results you MUST provide the requested information.

2. Royal-blue top Na-EDTA tube
   - Draw the royal-blue top Na-EDTA tube completely
   - Invert the tube gently 10 times immediately after blood draw
   - Leave the tube at room temperature.
   - DO NOT CENTRIFUGE OR TRANSFER.

Specimen Preparation

1. Place the room temperature royal-blue top Na-EDTA tube and absorbent pad into the biohazard bag.
2. Staple payment to the bottom right-hand corner of the completed Test Requisition Form. Complete 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)
Includes Blood & Urine Specimens

1. Tubes
   - Patient’s first and last name, date of birth, gender, and date of collection are written on the Royal-blue top Na-EDTA tube.
   - The tube is capped tightly.

2. Room Temperature
   - Royal-blue top Na-EDTA tube.

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 is complete.
   - Payment is included.
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