

Nutrient & Toxic Elements

Specimen Collection Instructions

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

3524 Nutrient & Toxic Elements Profile

3526 Toxic Metals Profile

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
- 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.



Call 800.522.4762 or visit our website at www.gdx.net

Please read all instructions carefully before beginning.

Patient Preparation

It is **best to ship your specimen within 24 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. **Fold** and **Place** 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.
- Payment is included.