

# NUTREVAL FMV AMINO ACIDS SPECIMEN COLLECTION INSTRUCTIONS

## CLINICIAN BLOOD DRAW INSTRUCTIONS



### CHECKLIST (PRIOR TO SHIPPING)

#### 1. All Tubes

- Patient's Date of Birth written on all tube labels
- All the tubes are tightly closed

#### 2. Blood Tubes - Frozen

- Amber transfer tube

#### 3. Blood Tubes - Refrigerated

- Na EDTA or K2-EDTA blue-top tube
- EDTA lavender-top tube

#### 4. Urine Tubes - Frozen

- Green-top preservative tube
- Green-top tube
- Blue-top Amber transfer tube

#### 5. Swabs (ONLY FOR GENOMICS ADD-ONS)

- Swabs in the package and in the envelope

#### 6. Test Requisition Form with Payment

- Test Requisition Form is complete **Test is marked, Patient's first and last name, date of birth, gender, and date of collection** are recorded
- Payment is included or pay online at [www.gdx.net/prc](http://www.gdx.net/prc)

#### SHIP THE SPECIMEN(S) TO THE LAB

Specimen(s) must be returned in the Genova Diagnostics kit box.  
**Please refer to the shipping instruction insert found in your kit box.**



Call 800.522.4762 or visit our website at [www.gdx.net](http://www.gdx.net)



The following test(s) can be collected using these instructions:

<b>NutrEval® FMV Amino Acids*</b>	<b>#3000</b>
Add-ons available	
• Vitamin D	#3532
• Genomics a-la-carte SNPs	
> ApoE	#5112
> MFTHR	#5111
> COMT	#5106
> TNF-α	#5106

\* Not available in New York

**Test may not be processed without this information.**

**KIT LABEL SHEET**

**Write on each label**

Patient's Date of Birth

Attach and label:

ALL TUBES

Front upper right hand corner of the Test Requisition

**TEST REQUISITION FORM**

**Please fill out:**

Patient's First/Last name

Date of Birth

Gender

Date of Collection

#### Specimen

Blood, Serum

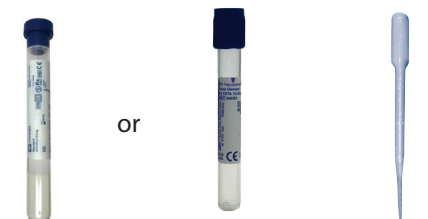
#### Additional Materials

- Foam Insulator Box
- Freezer Brick
- Biohazard bag with Absorbent Material
- Rubber Band
- Test Requisition Form
- Collection Labels
- Prepaid Mailing Envelope
- Bubblewrap Bag

#### Collection Materials for Blood



EDTA lavender-top tube      Amber transfer tube      SST red tiger-top tube



Na-EDTA blue-top tube      or      K2-EDTA blue-top tube      Pipette

The Na-EDTA blue-top tube is interchangeable with the K2-EDTA blue-top tube for this specimen collection pack. Please Note: These are trace mineral tubes, not standard tubes.

## IMPORTANT PREP BEFORE SAMPLE COLLECTIONS

- Schedule the patient accordingly
- Abnormal kidney function or use of diuretics may influence test results
- Female patients should not collect urine during a menstrual period

## MEDICATIONS MAY IMPACT RESULTS



Discontinuation is at the discretion of the physician if medically appropriate. Antibiotics, antifungals, amphetamines, acid blockers, fibrate and corticosteroids may impact results

## 4 DAYS BEFORE THE TEST:



- If medically appropriate, non-essential medications, supplements, and nutrient fortified foods/beverages should be discontinued
- Avoid artificial sweeteners and MSG

## 24 HOURS BEFORE THE TEST:



- Patient should eat their usual diet. Avoid over-consuming any single food or extreme diets
- Fluid intake should be limited to eight 8-ounce glasses of fluid
- Patient should avoid seafood

## NIGHT BEFORE THE TEST:



- Patients must fast overnight prior to the blood draw
- Freeze the enclosed freezer brick a minimum of 8 hours before shipping.

## THE DAY OF THE TEST:



- All patient's urine tubes must be completely frozen prior to blood draw appointment

# BLOOD COLLECTION

Please collect all tubes in one session. Label each tube with the patient's date of birth.

*Blood processing note:* Step 3 must be completed within 45 minutes after blood collection.

- 1** Before venipuncture, thoroughly wash the skin area with isopropyl alcohol, using two successive swabs of clean, sterile cotton. **Do not use iodine or mercury-based disinfectants/antiseptics.** Extra cleaning of the skin is important for accurate trace element analysis. **Use only stainless steel needles, with no aluminum or other metal crimp ring.**
- 2** DRAW BLOOD
- 3** BLOOD PROCESSING



### NA-EDTA or K2-EDTA BLUE-TOP TUBE

Gently invert the tube 10-15 times  
Refrigerate no more than 4 days prior to shipping

**RETURN TO LAB**



### RED SST TIGER-TOP TUBE

Clot for 15 min. while standing in a rack  
Centrifuge 15 min. at 3000 RPM  
Transfer serum to amber transfer tube

**DISCARD**



### AMBER TRANSFER TUBE

Freeze  
**RETURN TO LAB**



### EDTA LAVENDER TOP TUBE

Gently invert 5 times  
Do Not Shake  
Refrigerate

**RETURN TO LAB**

For more details, please visit  
[www.gdx.net/tests/prep](http://www.gdx.net/tests/prep)