NUTREVAL PLASMA SPECIMEN COLLECTION INSTRUCTIONS

CLINICIAN BLOOD DRAW INSTRUCTIONS

Specimen
Blood, Plasma, 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

Na Heparin blue-top tube
EDTA lavender-top tube
Blue-top preservative tube
Yellow-top transfer tube

Na-EDTA blue-top tube
K2-EDTA blue-top tube
Amber transfer tube
SST red tiger-top tube
Pipette (3)

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

NutrEval® Plasma* #3001
Add-ons available
• Vitamin D #3532
• Genomics a-la-carte SNPs
  › ApoE #5112
  › MTHFR #5111
  › COMT #5102
  › 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

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
   • Yellow transfer tube

3. Blood Tubes - Refrigerated
   • Na EDTA or K2-EDTA blue-top tube
   • EDTA lavender-top tube

4. Urine Tubes - Frozen
   • 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

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.
**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. **DRAW BLOOD**
   - 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. **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**
   - **NA HEPARIN BLUE-TOP TUBE**
     - Gently invert the tube 10-15 times
     - Centrifuge 15 min. at 3000 RPM
     - Transfer plasma to blue-top preservative tube
     - **DISCARD**
   - **BLUE-TOP PRESERVATIVE TUBE**
     - Immediately shake very hard at least 10-20 sec.
     - Centrifuge for 5 min. at 2500 RPM
     - Transfer the clear supernatant into the yellow-top transfer tube
     - **DISCARD**
   - **YELLOW-TOP TRANSFER TUBE:**
     - Freeze
     - **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**

3. **IMMEDIATE RESULTS**
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**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

For more details, please visit www.gdx.net/tests/prep