**Clinician Collection Instructions**

**Test prep, FAQs, and the collection video can be found at www.gdx.net/nutrevalprep or scan the QR Code.**

**Shipping Notice:**

Finish collection and ship on **Monday through Friday**. US holidays can affect shipping times.

**COLLECTION MATERIALS - KEEP OUTER BOX FOR SHIPPING TO LAB**

**CLINICIAN BLOOD DRAW COLLECTION**

- Blue-top preservative tube
- Yellow-top transfer tube
- EDTA lavender-top tube
- Amber transfer tube
- SST red tiger-top tube
- Na Heparin tube

**Na-EDTA blue-top tube**

**K2-EDTA blue-top tube**

**Na Heparin blue-top tube**

- **REFRIGERATED**
- **FROZEN**

**TEST REQUISITION FORM - RETURN WITH SHIPPING BOX**

Complete all sections using the **paper form** included or online at www.gdx.net/mygdx for clinicians www.gdx.net/prc for patients

Watch the How-to Video at www.gdx.net/mygdx or www.gdx.net/prc

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

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

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1. Place biohazard bag with blood tubes, frozen freezer brick, and absorbent material in foam insulator box inside the outer collection box.

2. Make sure patient urine and cheek swab collections (if ordered) are included.

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**RETURN CHECKLIST**

- All tubes with peel and stick labels with patient’s date of birth
- FROZEN AMBER TRANSFER TUBE
- REFRIGERATED EDTA LAVENDER-TOP TUBE
- REFRIGERATED NA-EDTA BLUE-TOP, K2-EDTA BLUE-TOP, OR NA HEPARIN TUBE
- FROZEN YELLOW-TOP TRANSFER TUBE
- TEST REQUISITION
- All frozen urine tubes Inside biohazard bag with absorbent pads
- Cheek swabs (if ordered)
- All materials and frozen freezer brick Inside Genova Box

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**TEST REQUISITION FORM - RETURN WITH SHIPPING BOX**

- Fill out all the peel and stick labels with patient’s date of birth (DOB) (mm/dd/yyyy)
- Apply to all the tubes, the swab envelope, and the requisition.
- There may be extra labels left over.
- **Do not write on the tubes.**
**BLOOD COLLECTION**

*Please collect all tubes in one session.*

1. **Label each tube with the patient’s date of birth using peel and stick labels.**
2. **Clean** the skin thoroughly with isopropyl alcohol before venipuncture, and use only stainless steel needles.
3. **DRAW BLOOD** - Use rubber band if needed.

4. **BLOOD PROCESSING:** *(Must be completed within 45 minutes after blood collection.)*

   - **NA-EDTA, K2-EDTA, OR NA HEPARIN BLUE-TOP TUBE**
     - Gently invert the tube 10-15 times
     - Refrigerate
     - RETURN TO LAB

   - **NA HEPARIN TUBE- BLUE or GREEN**
     - 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

**IMPORTANT PREP BEFORE COLLECTION**

- Abnormal kidney function or use of diuretics may influence test results.

**MEDICATIONS MAY IMPACT RESULTS**

- Discontinuing medications is at the discretion of the physician. Valproic acid, acetaminophen, and berberine HCl can interfere with select analytes.

**4 DAYS BEFORE THE TEST:**

- Some clinicians choose to discontinue non-essential nutritional supplements to get a “baseline” reading.
- Some clinicians choose to continue nutritional supplementation to assess the efficacy of treatments.

**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 six 8-ounce glasses of fluid.

**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.

**REMINDE THE PATIENT:**

- All patient’s urine tubes must be frozen a minimum of 2 hours prior to blood draw appointment.

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