Step 3:

Ship the specimen to the lab

Specimen must be returned in the Genova Diagnostics kit box for correct delivery to the lab. Not following these instructions may result in a shipping charge.

- Plan to ship the specimen Monday – Friday overnight delivery only.
- Call 1.800.GoFedEx (1.800.463.3339) to schedule shipping. When the automated system asks “How may I help you?” say “Return a Package”. Tell the FedEx representative “I am using a billable stamp” and they will walk you through the process and make it easy.
- Place frozen tube(s) in biohazard bag and place in ONE foam box with patient urine specimens for shipment. See Optimal Nutrition Evaluation kit instructions (Kit #87).
- Please follow the shipping directions included in the Optimal Nutrition Evaluation kit instructions (Kit #87).

Add-Ons for Optimal Nutritional Evaluation (FMV urine) (#89)

Check Your Kit

A - 1 SST serum collection tube
B - 1 Transfer tube with SST Serum label
C - 1 Na Heparin vacutainer tube (blue top)
D - 1 Amber transfer tube labeled “Na Heparin plasma”
E - 2 Pipettes
F - 1 Biohazard bag with absorbent pad

If any items are missing or expired, call Client Services at 800.522.4762 and press “1”.

Keep the kit box for shipping your specimen to the lab.
Step 1: Important things to know and consider

- The following drugs, herbs, and dietary supplements may influence levels of vitamin D reported in this test: Anti-epileptic medication, cholestyramine, colestipol, mineral oil, Orlistat, rifampin, and stimulant laxatives.

Schedule & Prepare for the serum collection

- **The night before collection:** Have the patient fast overnight (at least 12 hours) prior to the blood draw.
- **At least 8 hours prior to collection:** Freezer brick must be frozen a minimum of 8 hours before shipping. See Optimal Nutrition Evaluation kit instructions (Kit #87).
- Blood samples are to be returned to the lab with patient’s urine samples.
- **Plan for Monday-Friday collection only:** Specimens must be received in the laboratory within 24 hours of collection. Please take your urine specimen to your physician’s office with you for your scheduled blood draw.

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### Blood Draw and Serum Preparation

<table>
<thead>
<tr>
<th>For CoQ10 Add-On Collection:</th>
<th>For Vitamin D Add-On Collection:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Step 2:</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Blood Draw and Serum Preparation</strong></td>
<td>Not following these instructions may affect the test results.</td>
</tr>
<tr>
<td><strong>For CoQ10 Add-On Collection:</strong></td>
<td></td>
</tr>
<tr>
<td>1. Write the patient’s full name and the time and date of collection on each tube.</td>
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</tr>
<tr>
<td>2. <strong>Draw blood</strong> to fill the blue-top Na Heparin tube. Step 3 must be done within 15 minutes after blood draw.</td>
<td>2. <strong>Draw blood</strong> to fill the SST tube.</td>
</tr>
<tr>
<td>3. <strong>Mix blood sample thoroughly and centrifuge 15 minutes at 3000 rpm.</strong></td>
<td>3. Allow the blood in the SST tube to clot for 15 minutes while standing in a rack. <strong>Then centrifuge the tube for 15 minutes at 3000 RPM.</strong></td>
</tr>
<tr>
<td>4. Use a fresh pipette to transfer the plasma from the blue-top tube into the amber transfer tube labeled “Na Heparin Plasma”. <strong>Specimens should be stored on ice between the time of sampling and centrifugation.</strong></td>
<td>4. Using a fresh pipette, transfer all of the serum from the SST tube into the transfer tube. Screw the top on the tube tightly to avoid leakage. Discard the SST tube.</td>
</tr>
<tr>
<td>5. Make sure the cap is tightly closed and place the transfer tube into the biohazard bag and freeze immediately. Sample must be frozen a minimum of 2 hours prior to shipping. Keep sample frozen until ready to ship.</td>
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