

Step 2:

Unfold panel to display complete instructions for Step 2

Step 3:

Ship the specimen to the lab

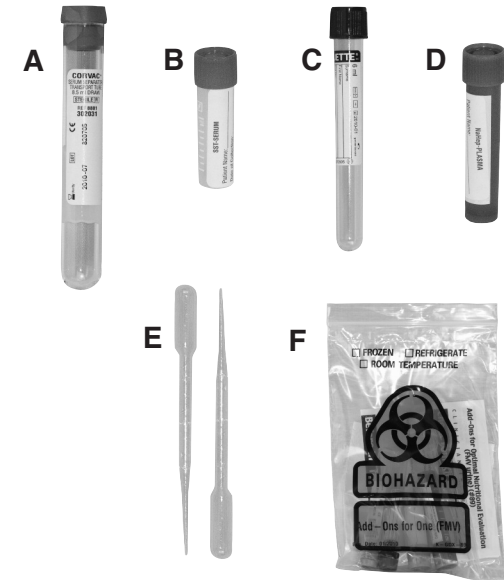
Specimen must be returned in the Genova Diagnostics kit box for correct delivery to the lab. Not following these instructions may result in a shipping charge.

- 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)

IS-3753

Clinician Instructions for Serum Collection



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.

Step 2:

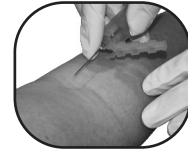
Blood Draw and Serum Preparation

Not following these instructions may affect the test results.

For CoQ10 Add-On Collection:



- 1 Write the patient's full name and the time and date of collection on each tube.**



- 2 Draw blood to fill the blue-top Na Heparin tube. Step 3 must be done within 15 minutes after blood draw.**



- 3 Mix blood sample thoroughly and centrifuge 15 minutes at 3000 rpm.**



- 4 Use a fresh pipette to transfer the plasma from the blue-top tube into the amber transfer tube labeled "Na Heparin Plasma". *Specimens should be stored on ice between the time of sampling and centrifugation.***

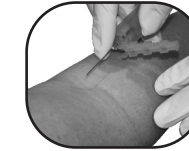


- 5 Make sure the cap is tightly closed and place the transfer tube into the biohazard bag and freeze immediately. Sample must be frozen a minimum of 2 hours prior to shipping. Keep sample frozen until ready to ship.**

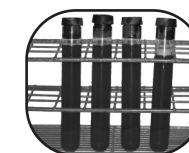
For Vitamin D Add-On Collection:



- 1 Write the patient's full name and the time and date of collection on each tube.**



- 2 Draw blood to fill the SST tube.**



- 3 Allow the blood in the SST tube to clot for 15 minutes while standing in a rack. **Then centrifuge the tube for 15 minutes at 3000 RPM.****



- 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.**



- 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.**