

Checklist (Prior to Shipping)

Includes Blood & Urine Specimens

1. Tubes

- Patient's first and last name, date of birth, gender and date of collection are written on all tubes and vials
- All the tubes and vials are capped tightly

2. Frozen

- Clear cap plastic vial (urine)
- Lavender top clear transfer tube
- 3 ice packets

3. Refrigerate

- Red top amber transfer tube

4. Test Requisition Form with Payment

- Test Requisition Form is complete
- Payment is included

TRIADSM Profile - Clinician

Blood Specimen Collection Instructions

This specimen collection kit can be used for the following test(s):

TRIAD Profile - Blood/Urine

Please Note: The TRIAD Profile requires the patient to collect urine at home. This should be done prior to the blood collection. **All specimens, urine and blood, must be shipped together.** Patient must be fasting for blood draw. (Urine collection instructions are explained in the TRIAD Profile - Patient Specimen Collection Instructions.)

IMPORTANT:

All patient specimens require two unique identifiers *patient's name and date of birth*, as well as *date of collection*. **Patient's first and last name, date of birth, gender, and date of collection** must be recorded on the **Test Requisition Form** as well as on all tube(s) and/or vial(s), using a permanent marker, or the test may not be processed.

Specimen

Serum, 3 ml, refrigerated

Plasma, 2.5-3 ml, frozen

Overnight Urine, 12 ml, frozen

Collection Materials

- Red/gray top serum separator tube
- Lavender top EDTA tube
- Red top amber transfer tube
- Lavender top clear transfer tube
- 2 disposable pipettes

Shipping Materials

- Plastic shell tube tray
- Absorbent pad
- 3 ice packets
- Test Requisition Form
- Biohazard bag with side pocket
- Specimen collection kit box
- FedEx® Clinical Lab Pak and Billable Stamp



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Please read all instructions carefully before you begin.

Patient Preparation

- It is best to **ship the specimen within 24 hours of collection**. Please refer to the enclosed shipping instructions before you collect to determine the days that the specimen can be shipped.
- Please check to make sure the patient has fasted prior to drawing blood.
- The use of immunosuppressive drugs, like cortisone, can give false negative test results. The use of such drugs should be discontinued for 60 days before testing to allow antibody reactions to be seen.

Blood Collection

1. **Write patient's first and last name, date of birth, gender, and date of collection** on the Test Requisition Form (located in the pouch on top of the Specimen Collection Kit Box), as well as on all tube(s) and/or vial(s), using a permanent marker.
 - **IMPORTANT:** To ensure accurate test results you **must** provide the requested information.
2. **Freeze** the ice packets.
3. **Red/gray top serum separator tubes and red top amber transfer tube**
 - **Draw** the red/gray top serum separator tube.
 - **Place** upright in a rack at room temperature for 20 to 30 minutes to clot blood.
 - **Centrifuge** the red/gray top serum separator tubes for 15 minutes. The serum must be free of hemolysis or red blood cells.
 - **Pipette** 3 ml serum, using a fresh disposable pipette, from the red/gray top serum separator tube into the red top amber transfer tube. **Cap** tightly.
 - **Refrigerate** the red top amber transfer tube.
4. **Lavender top EDTA tube and lavender top clear transfer tube**
 - **Draw** the lavender top EDTA tube completely.
 - **Invert** the lavender top EDTA tube 10 times to mix the EDTA with the blood.
 - **Centrifuge** immediately for 15 minutes. The plasma must be free of hemolysis or red blood cells.
 - **Remove** the lavender top EDTA tube after centrifuging; **DO NOT INVERT TUBE**.
 - **Pipette** plasma, using a fresh disposable pipette, 2.5-3 ml into the lavender top clear transfer tube.
 - **Freeze** the lavender top transfer tube.
 - **Freeze** the lavender top clear transfer tube.

Specimen Preparation

5. **Place** the frozen transfer tube, refrigerated red top amber transfer tube, and frozen urine collection into the slots or the ends of the plastic shell tube tray (an exact fit is not necessary). **Place** absorbent pad over tubes. **Place** frozen ice packets at each end of tubes in tray. **Snap** the tray closed.
6. **Place** the tray into the biohazard bag.
7. **Staple** payment to the bottom right-hand corner of the completed Test Requisition Form. **Fold and Place** them in the side pocket of the biohazard bag.
8. **Seal** the biohazard bag; **Place** it into the specimen collection kit box and close the box.

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1. Tubes

- Patient's first and last name, date of birth, gender and date of collection are written on all tubes and vials
- All the tubes and vials are capped tightly

2. Frozen

- Clear cap plastic vial (urine)
- Lavender top clear transfer tube
- 3 ice packets

3. Refrigerate

- Red top amber transfer tube

4. Test Requisition Form with Payment

- Test Requisition Form is complete
- Payment is included

TRIADSM Profile - Patient

Urine Specimen Collection Instructions

This specimen collection kit can be used for the following test(s):

TRIAD Profile - Blood/Urine

Please Note: The TRIAD Profile requires the patient to collect urine at home. This should be done prior to the blood collection. **All specimens, urine and blood, must be shipped together.** Patient must be fasting for blood draw. (Blood collection instructions are explained in the TRIAD Profile - Clinician Specimen Collection Instructions.)

IMPORTANT:

All patient specimens require two unique identifiers

patient's name and date of birth, as well as *date of collection*.

Patient's first and last name, date of birth, gender, and date of collection must be recorded on the **Test Requisition Form** as well as on all tube(s) and/or vial(s), using a permanent marker, or the test may not be processed.

Specimen

Serum, 3 ml, refrigerated

Plasma, 2.5-3 ml, frozen

Overnight Urine, 12 ml, frozen

Collection Materials

- Clean collection container
(NOT included in this kit)
- Clear cap plastic vial
with thymol preservative
- Disposable pipettes

Shipping Materials

- Plastic shell tube tray
- Absorbent pad
- 3 ice packets
- Test Requisition Form
- Biohazard bag with side pocket
- Specimen collection kit box
- FedEx® Clinical Lab Pak and
Billable Stamp

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Please read all instructions carefully before you begin.

Patient Preparation

- It is best to **ship the specimen within 24 hours of collection**. Please refer to the enclosed shipping instructions before you collect to determine the days that the specimen can ship.
- It is not necessary to discontinue nutritional supplements prior to this specimen collection. Abnormalities that may be found will reveal special needs that have not been met by recent dietary and supplemental intake.
- **Decrease** fluid intake to avoid excessive dilution of the urine.
 - For adults, restrict intake to three 8 oz. glasses or less for 24 hours
 - Make sure that no more than 8 oz. of the fluid is consumed after 8:00 the evening prior to urine collection.
- **Do Not collect** urine during menstruation.
- **Please check** to make sure the patient has fasted prior to drawing blood
- The use of immunosuppressive drugs, like cortisone, can give false negative test results. Discontinue the use of such drugs for 60 days before testing to allow antibody reactions to be seen.
- Vial contains preservative - **Do Not Rinse**.

Urine Collection

1. **Write** patient's **first and last name, date of birth, gender,** and **date of collection** on the Test Requisition Form (located in the pouch on top of the Specimen Collection Kit Box), as well as on all tube(s) and/or vial(s), using a permanent marker.
 - **IMPORTANT:** To ensure accurate test results you **must** provide the requested information.
2. **Empty** bladder before going to bed at night. **DO NOT** collect this urine.
3. **Collect** urine (if any) during the night and first morning urine into a clean container.
4. **Pipette** urine, using a fresh disposable pipette, into the clear cap plastic vial to the 12 ml mark (**DO NOT OVERFILL**). **Screw** the cap on tightly.
5. **Dispose** of the remaining urine.
6. **Freeze** the clear cap plastic vial and the ice packet.

Blood Collection Preparation

7. **Schedule** the blood drawing appointment on a **Monday, Tuesday, Wednesday,** or **Thursday** morning. Inform the doctor or lab that a centrifuge is needed to prepare the blood specimens. The kit contains all of the tubes required for collection.
8. **Do not have anything to eat or drink** (other than water) after 9:00, the night before your blood is drawn.
9. **Staple** payment to the bottom right-hand corner of the completed Test Requisition Form. **Fold and Place** them in the side pocket of the biohazard bag.
10. **Take** frozen urine specimens (placed in biohazard bag with the frozen ice packet) and ALL collection and shipping materials with you to the blood drawing site. This will allow the blood and urine specimens to be shipped together to the lab.