

Step 3:

Ship the specimen to the lab

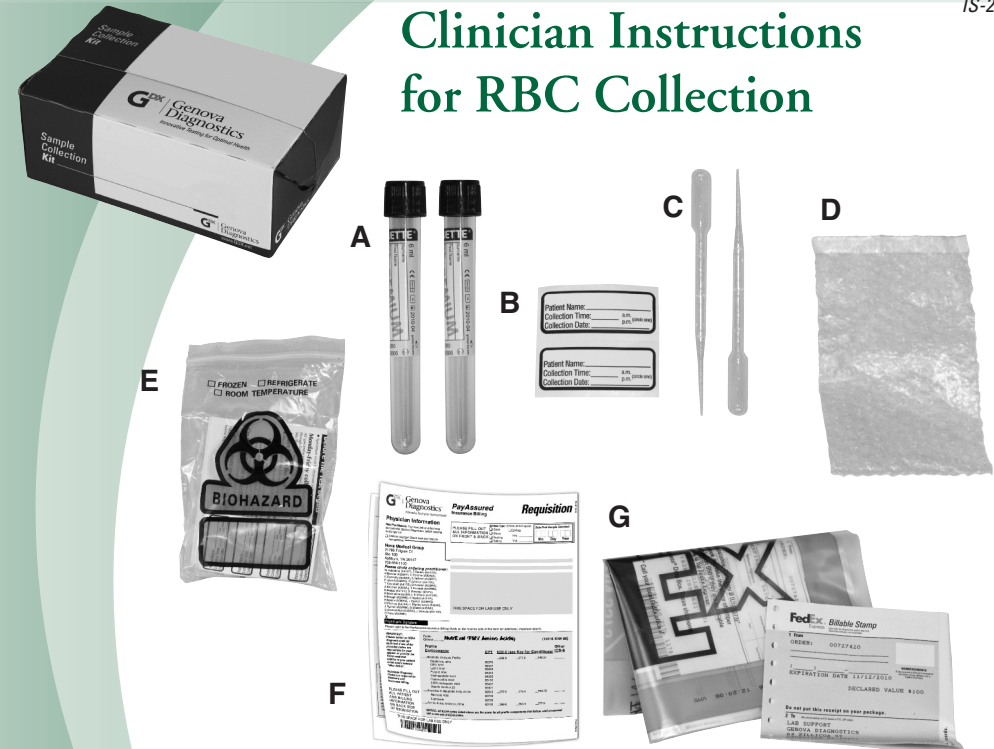
Specimen must be returned in the Genova Diagnostics kit box for correct delivery to the lab. Not following these instructions may result in a shipping charge.

- Plan to ship the specimen Monday – Friday overnight delivery.
- 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.
- **Make sure the tubes are tightly closed and identified** with completed labels and sealed in the bubble wrap bag. Seal the tubes in the Biohazard bag, and seal it securely.
- **Place biohazard bag (with specimens) inside kit box** and place completed and signed requisition on top before closing.
- Close the kit box, but do not staple or tape the box.
- **Print your name and address** in the section marked “From” on the prepaid shipping envelope label. **DO NOT** mark or write in any other sections.
- Put the kit box into the envelope and seal the envelope.
- Keep your shipment and tracking numbers for future reference and tracking purposes.

Elemental Analysis, Packed Erythrocytes

IS-2953

Clinician Instructions for RBC Collection



Check Your Kit

- A - 2 Na Heparin Blue-top tubes
- B - 2 Labels
- C - 2 Pipettes
- D - 1 Bubblewrap bag
- E - 1 Biohazard bag with absorbent pad
- F - 1 Requisition (to be completed and signed)
- G - 1 Prepaid mailing envelope

- If any items are missing or expired, call Client Services on 800.522.4762 and press “1”.
- Keep the kit box for shipping your specimen to the lab.

Step 1:

Schedule & Prepare for the blood draw

- **Schedule the patient accordingly**
 - Corticosteroids may influence some of the markers in this profile. Lab results may help demonstrate their influence, or the physician may elect to have the patient temporarily discontinue them.
 - 4 Days before the blood draw have patient avoid all non-essential medications and all vitamin and mineral supplements (including zinc lozenges).
 - Patients must **fast overnight** (at least 12 hours) prior to the blood draw. They should also be instructed to eat light meals the day before and *avoid seafood*.
- **Sample processing** must be completed within 30 minutes after blood draw.
- 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.
- **Contact FedEx and schedule to ship the specimen overnight delivery** Monday - Friday. *Specimens must be received at the lab within 5 days of collection.*
- **Complete the Requisition Form** with all patient and billing information. Be sure it is signed by the Patient/Responsible Party and the healthcare provider.

Step 2:

Blood Draw & Serum Preparation

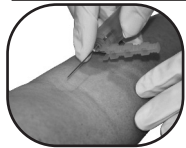
Not following these instructions may affect the test results.



- 1 Write the patient's full name and the time and date of collection on each label and apply to tubes.**



- 2 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.**



- 3 Draw blood to fill the two collection tubes. Step 4 must be completed within 30 minutes after blood draw.**



- 4 Mix blood samples thoroughly by gently inverting the tubes 10-15 times.**



- 5 Centrifuge the tube for 15 minutes at 3000 rpm.**



- 6 Using the pipettes provided, remove and discard plasma. Save caps from tubes.**



- 7 Carefully and completely remove and discard the buffy coat layer on top of the red blood cells. Using the same cap from each tube, tightly recap the tubes containing the packed red blood cells.**



- 8 Wrap the absorbent pad around both tubes, then place the tubes in the bubblewrap bag and seal securely. Place the bubblewrap bag inside the Biohazard bag. Specimens may be stored at room temperature if shipped on the same day. If stored overnight, please refrigerate. DO NOT FREEZE.**

- 9 Complete the Requisition:** Enter date in box labeled "Date Final Sample Collected".