

Step 3:

Returning The Samples To The Laboratory

Samples must be returned to Genova Diagnostics by overnight delivery to arrive next day.

For UK mainland patients only: Genova Diagnostics recommends using the enclosed courier collection service, or alternative e.g.: Royal Mail, Special Delivery. The mailing envelope is not pre-paid.

For patients outside of the UK: please arrange an international courier such as FedEx, DHL, UPS.

Please note: the laboratory is closed at weekends. Samples should not be in transit over the weekend; please arrange for the samples to be sent overnight and to arrive no later than Friday.

- Plan to return the samples **Monday – Thursday by overnight delivery only.**
- Ensure the samples are labelled correctly. Failure to complete the labels in full will result in the sample being rejected.
- Place the plastic tube holder (containing the filled tubes & transfer tubes) in the Biohazard bag and seal it securely.
- Place the Biohazard bag in the mailing envelope with your completed, signed and dated requisition form.
- Seal the envelope.
- Once posting/couriering of samples has been arranged, keep any tracking numbers issued by the courier / Royal Mail for future reference.

Functional Blood Chemistry Profile

Instructions for Blood Collection



Check Your Kit

- A - 2 Serum tubes (red top)
- B - 1 EDTA tube (lavender top)
- C - 1 Fluoride oxalate tube (grey top)
- D - 2 Transfer tubes (for serum)
- E - 2 Labels
- F - 1 Plastic tube holder with absorbent paper
- G - 1 Bleed kit (needle, holder, wipe, spot plaster)
- H - 1 Pipettes
- I - 1 Biohazard bag
- L - 1 Requisition (to be completed and signed)
- M - 1 Mailing envelope

- If any of the items are missing or expired, call the laboratory on 020 8336 7750.
- The appearance of the above kit components are for illustration use only and actual contents may vary slightly from that shown.

Step 1:

FOR THE PATIENT:

Schedule & Prepare for the blood draw

- Certain medications and supplements may influence the results (aspirin and CHO-lowering drugs). This may help demonstrate efficacy of medications or supplements, or the practitioner may elect to have the patient temporarily discontinue non-essential ones. **Please check with your practitioner before changing the use of any medications.**
- **Have the patient fast overnight** (at least 8 hours) prior to the blood draw. Drink water only. Avoid Alcohol for 24 hours prior. Avoid exercise 12 hours prior as it may impact the measured results.
- Arrange to have the blood drawn on **Monday – Thursday**, for returning to the laboratory using next day delivery, to arrive by Friday.
- **Please note:** samples must be received within 24 hours of collection.
- **Please note:** equipment provided is for the use of a qualified phlebotomist, doctor, or nurse only.
- **Complete the requisition form** with all patient and payment information. Be sure it is signed by the patient/ responsible party in the box labelled “Final Sample Date / Time.”

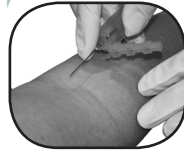
Step 2:

Blood Draw: Instructions for Clinician use only

Not following these instructions may affect the test results.



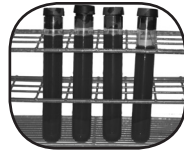
- 1** Write the patient's full name (first AND last), date of birth, and the time and date of collection on the EDTA (lavender top), Fluoride oxalate (grey top) tubes, red top tubes, and on the labels. Apply the labels to the serum transfer tubes (white caps).



- 2** Draw blood to fill all the tubes (EDTA, fluoride oxalate) and 2 x serum (red top) tubes.



- 3** Mix blood samples thoroughly by gently inverting the tubes five times. Do not shake.



- 4** Allow the blood in the red-top serum tubes to clot for 15 minutes while standing in a rack. Centrifuge red-top tubes for 15 minutes at 3000 RPM.



- 5** Using the pipette, transfer all of the serum from each tube to the screw cap transfer tubes and verify that the tubes are labelled correctly. Make sure the screw caps are tightly closed to avoid leakage.



- 6** Do NOT centrifuge or separate the lavender or grey top tubes.



- 7** Place the un-separated grey and lavender top tubes AND the 2 transfer tubes into the plastic blood tube holder with absorbent paper and seal. If unable to send immediately, store in a refrigerator to keep specimen stable. **DO NOT FREEZE.**



- 8** Ensure the patient completes, signs and dates the requisition form: the test can not be processed without this information.