



Instructions for Collecting and Shipping Blood Tests

This test kit is for use by qualified medical laboratory personnel only - NOT FOR HOME USE
*** This kit must be used under medical supervision ***

Before You Begin Collection

1. This kit includes specimen requirements (page 2) and a Test Requisition Form. Indicate type of test on the requisition.
2. Take the blood collection materials, including instructions, to a blood collection facility, doctor's office or clinic to request a blood collection (Please note: the blood kit is for use by qualified medical laboratory personnel only, it is not intended for home use). The **collection facility must ship the specimen to us** per instructions below. You **CANNOT** take the sample home and ship it yourself.
3. Save the outer cardboard box to ship the sample back to us.
4. Send the sample Monday through Thursday for domestic shipments and Monday through Wednesday for international shipments. **Extra shipping charges will apply for Saturday deliveries (Friday shipments)**, which may compromise the sample due to the lab being closed over the weekend. Please make sure you check the specimen requirements on page 2 of these instructions for sample handling and time sensitive information.
5. Please check the expiration date on all vials. If any have expired, call for replacement vials.
6. Fill out the Test Requisition Form completely - Please PRINT clearly. The specimen will not be processed unless you provide all the required information on the Test Requisition Form with the specimen when it is shipped. Include physician or health care practitioner's approval in the space provided. A physician authorization can be attached to the requisition.

Blood Collection, Preparation, and Shipping

1. Collect the appropriate specimen using the guidelines on page 2.
2. Label each tube with type of test, patient's full name, birth date, time of collection, and date.
3. Place the transport vial(s) and absorbent packing material sheet into the Styrofoam vial transport container. Close container.
4. Insert Styrofoam container into zip-lock biohazard bag. If sample requires frozen gel pack (see specimen requirements on back), insert frozen gel pack into zip-lock biohazard bag.
5. Fold and place the completed Test Requisition Form in the outside pocket of the biohazard bag containing the specimen.
6. Insert Styrofoam vial transport container into the cardboard box.
7. Place the box in the FedEx Clinical Pak. Please take note of the shipping/tracking number in the event you would like to track the package.
8. Seal the FedEx Clinical Pak.
9. In the United States call FedEx at 1-800-463-3339 for pickup. Mention you have a prepaid bag for overnight delivery.

Blood Specimen Requirements and Guidelines

Please make sure to check the below table for specimen requirements and instructions regarding collection.

1. **Centrifuge specimen where required** (see table): Allow blood to clot at room temperature for 15-30 minutes. Centrifuge for 15 minutes at 1500g. Separate the serum from the cells where serum is requested. Decant or pipette serum into the 5mL plastic transport vials provided and cap tightly. For whole blood and packed cells requirements see table below.
2. Clearly label vial(s) with type of test, patient's full name, date, and time of collection. Refrigerate all specimens prior to shipping.
3. Prepare the specimen for shipping.

Test	Tube Requirements	Blood Minimums	Collection Guidelines
Advanced Cholesterol Profile	2 Gold Top SST	4 mL Serum	Centrifuge specimen.
Amino Acids Plasma Test (43)	1 Lavender Top with EDTA	7 mL Whole Blood	Requires an overnight fast. Avoid alcohol for 24 hours. Invert specimen 10 times. Ship with frozen gel pack. Must be received within 24 hours of collection.
Celiac Disease Test	1 Gold Top SST	2 mL Serum	Centrifuge specimen.
Ceruloplasmin Test	1 Royal Blue Top No Additive	2 mL Serum	Centrifuge specimen. Remove serum within 4 hours.
Comprehensive Fatty Acids Test	1 Gold Top SST	2 mL Serum	Requires a 12-14 hour fast. Avoid alcohol for 24 hours. Centrifuge specimen. Remove serum within 4 hours. Immediately FREEZE and ship with frozen gel pack .
Copper Test	1 Royal Blue Top No Additive	2 mL Serum	Centrifuge specimen. Remove serum within 4 hours.
Copper / Zinc Profile	2 Royal Blue Top No Additive	3 mL Serum	Centrifuge specimen. Remove serum within 4 hours.
C-Reactive Protein Test (hs-CRP)	1 Gold Top SST	2 mL Serum	Centrifuge specimen.
Glutathione Test	1 Lavender Top with EDTA	5 mL Whole Blood	Invert specimen 10 times. Immediately refrigerate. Ship with frozen gel pack. Must be received within 24 hours of collection.
IgE Allergy Advanced Combined Test (93/69)	6 Gold Top SST	12 mL Serum	Centrifuge specimen.
IgE Food Allergy Basic Test (25)	2 Gold Top SST	5 mL Serum	Centrifuge specimen.
IgE Food Allergy Advanced Test (93)	3 Gold Top SST	8 mL Serum	Centrifuge specimen.
IgE Inhalant Allergy Basic Test (36)	2 Gold Top SST	5 mL Serum	Centrifuge specimen.
IgE Inhalant Allergy Advanced Test (69)	3 Gold Top SST	8 mL Serum	Centrifuge specimen.
IgG Food Allergy Test w/ Candida (94)	1 Gold Top SST	2 mL Serum	Centrifuge specimen.
Immune Deficiency Profile	2 Royal Blue Top No Additive	3 mL Serum	Centrifuge specimen. Remove serum within 4 hours.
Metals Red Blood Cell Test (18)	2 Royal Blue Tops with EDTA (trace element free)	2 mL Packed Cells (per tube)	Centrifuge specimen. Within 1 hour discard plasma and leave RBCs in Blue Top Tubes. Ship within 2 days of collection.
Metals Whole Blood Test (20)	1 Royal Blue Top with EDTA (trace element free)	4 mL Whole Blood	Invert specimen 10 times.
Prealbumin Test	1 Gold Top SST	2 mL Serum	Centrifuge specimen.
Streptococcus Antibodies Profile	1 Gold Top SST	2 mL Serum	Centrifuge specimen.
Vitamin D Test	1 Gold Top SST	2 mL Serum	Centrifuge specimen.
Zinc Test	1 Royal Blue Top No Additive	2 mL Serum	Centrifuge specimen. Remove serum within 4 hours.



Phlebotomist Collection Instructions

Blood Collection Instructions

1. Blood collection must occur in the morning as some specimen components must be frozen prior to shipping.
2. Sample must be shipped the same day blood is drawn.
3. Kits must be shipped Monday through Thursday ONLY.
4. Save all packaging from the kits for return shipping.
5. Place the gel icepack flat in the freezer overnight (or at least 4 hours).
6. Indicate patient's name, DOB, and collection time and date on tubes and on the Test Requisition Form.
7. The table (on backside of page) indicates blood draw collection and processing (not all tubes are applicable to kit collection).

Preparing and Shipping Specimens

1. Fold and place completed Test Requisition Form in the outside pocket of the biohazard zip-lock specimen pouch.
2. Place blue-top tubes with EDTA (Metals Red Blood Cell Test) into Styrofoam blood transport container (If Applicable).
3. Insert container into white Styrofoam box.
4. Place frozen transport vial(s) and lavender-top tube (if applicable) in second Styrofoam blood transport container, place absorbent packing sheet on top.
5. Place container with absorbent sheet into the biohazard zip-lock bag along with the frozen, gel icepack, and seal.
6. Place sealed biohazard zip-lock specimen pouch into white Styrofoam box.
7. Place lid on Styrofoam box and insert into cardboard box.
8. Place cardboard box into FedEx Clinical Pak bag and seal.
9. Take note of shipping / tracking number in order to track the package.
10. Call FedEx at 1-800-463-3339 to schedule a pickup or take to FedEx location. Mention you have a prepaid bag for overnight delivery. DO NOT PUT KITS IN A FEDEX DROP BOX!

For questions about the collection of samples, call a Customer Service Representative at (913) 341-8949.









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Tube Type	Test (# of tubes for test)	Amount per Tube	Instructions
Gold SST tube 	Advanced Cholesterol (2), IgG Food Allergy (1), Celiac Disease (1), CRP (1), IgE Inhalant and Food Allergy (3-5), Prealbumin (1), Streptococcus (1), Vitamin D (1), Ferritin (1)	2 mL serum per SST tube Multiple tubes in kit, fill all required tubes and follow instructions on right	Allow blood to clot at room temperature, upright for 15-30 minutes. Centrifuge for 15 minutes at 1500g. Separate the serum from the cells. Decant or pipette <u>serum</u> into the 5mL plastic transport vials provided and cap tightly.
Gold SST tube 	Comprehensive Fatty Acids (1)	2 mL frozen serum per tube	Allow blood to clot at room temperature, upright for 15-30 minutes. Centrifuge for 15 minutes at 1500g. Separate the serum from the cells. Decant or pipette <u>serum</u> into the 5mL plastic transport vials provided and cap tightly. FREEZE serum until ready to ship and place with frozen gel pack .
Lavender with EDTA 	Amino Acids Plasma (1), Glutathione (1)	4 mL whole blood	Requires an overnight fast. Avoid alcohol for 24 hours. Invert specimen 10 times. Ship with frozen gel pack. Must be received within 24 hours of collection.
Royal blue top with EDTA (blue label) 	Metal Red Blood Cell (2)	2 mL packed red blood cells per tube, 2 tubes required	Centrifuge specimen for 15 minutes at 1500g. Within 1 hour discard plasma and leave RBCs in Blue Top Tubes. Ship within 2 days of collection.
Royal blue top with EDTA (blue label) 	Metal Whole Blood (2)	4 mL whole blood	Invert specimen 10 times. Ship within 2 days of collection.
Blue top no additive (red label - trace element free) 	Copper/Zinc / Ceruloplasmin (1), Immune Deficiency (2)	2 mL serum per tube, 3 mL total required for test	Centrifuge specimen for 15 minutes at 1500g. Remove serum within 4 hours pipette serum into transfer vial and ship serum.