



The Great Plains Laboratory, Inc.

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Instructions for Collecting Panel Samples

PANEL OPTIONS		
Panel Name	Tests In Panel	Collections Required
AD(H)D Panel - Basic	Comprehensive Fatty Acids Test, Gluten/Casein Peptides Test, IgG Food Allergy Test, Metals Red Blood Cell Test, Organic Acids Test	Urine, Stool and Blood
AD(H)D Panel - Comprehensive	Advanced Cholesterol Profile, Amino Acids Urine Test, Comprehensive Fatty Acids Test, Comprehensive Stool Analysis, Copper/Zinc Profile, Ferritin Test, Gluten/Casein Peptides Test, IgG Food Allergy Test, Metals Hair Test, Metals Red Blood Cell Test, Organic Acids Test, Streptococcus Antibodies Profile, Vitamin D Test	Urine, Stool, Hair and Blood
Autism Panel - Basic	Comprehensive Stool Analysis, Gluten/Casein Peptides Test, IgG Food Allergy Test, Metals Hair Test, Organic Acids Test	Urine, Stool, Hair and Blood
Autism Panel - Comprehensive	Advanced Cholesterol Profile, Comprehensive Stool Analysis, Copper/Zinc Profile, Ferritin Test, Gluten/Casein Peptides Test, IgG Food Allergy Test, Immune Deficiency Profile, Metals Hair Test, Organic Acids Test, Streptococcus Antibodies Profile, Vitamin D Test	Urine, Stool, Hair and Blood
Fibromyalgia & CFS Panel - Basic	Gluten/Casein Peptides Test, IgG Food Allergy Test, Metals Hair Test, Organic Acids Test	Urine, Blood and Hair
Fibromyalgia & CFS Panel - Comprehensive	Amino Acids Urine Test, C-Reactive Protein Test, Comprehensive Stool Analysis, Gluten/Casein Peptides Test, IgG Food Allergy Test, Metals Hair Test, Organic Acids Test, Vitamin D Test	Urine, Stool, Hair and Blood
Mental Health Panel - Basic	Amino Acids Plasma Test (Amino Acids Urine Test in Canada), Comprehensive Fatty Acids Test, Gluten/Casein Peptides Test, IgG Food Allergy Test, Metals Hair Test, Organic Acids Test	Urine, Hair and Blood
Mental Health Panel - Comprehensive	Advanced Cholesterol Profile, Amino Acids Plasma Test (Amino Acids Urine Test in Canada), Comprehensive Fatty Acids Test, Comprehensive Stool Analysis, Copper/Zinc Profile, Gluten/Casein Peptides Test, IgG Food Allergy Test, Metals Hair Test, Organic Acids Test, Vitamin D Test	Urine, Stool, Hair and Blood
Tourette's & Tics Panel - Basic	Advanced Cholesterol Profile, Ferritin Test, IgG Food Allergy Test, Metals Hair Test, Organic Acids Test, Streptococcus Antibodies Profile	Urine, Blood and Hair
Tourette's & Tics Panel - Comprehensive	Advanced Cholesterol Profile, Amino Acids Urine Test, Comprehensive Stool Analysis, Copper/Zinc Profile, Ferritin Test, Gluten/Casein Peptides Test, IgG Food Allergy Test, Immune Deficiency Profile, Metals Hair Test, Organic Acids Test, Streptococcus Antibodies Profile, Vitamin D Test	Urine, Stool, Hair and Blood
Wellness Panel – Basic	Comprehensive Fatty Acids Test, IgG Food Allergy Test, Metals Hair Test, Organic Acids Test	Urine, Blood and Hair
Wellness Panel - Comprehensive	Advanced Cholesterol Profile, Amino Acids Urine Test, Comprehensive Fatty Acids Test, Copper/Zinc Profile, Ferritin Test, Gluten/Casein Peptides Test, IgG Food Allergy Test, Metals Hair Test, Organic Acids Test, Vitamin D Test	Urine, Blood and Hair

KIT COMPONENTS				
Urine Kits	Stool Kits	Blood Kits	Hair Kits	Other Components
1 urine collection cup	1 white-topped vial	Blood vials (see phlebotomy collection instructions for vial requirements)	1 metals hair scale	1 Test Requisition Form
1 freezer Ice-Brix gel pack	1 green-topped vial	1 absorbent packing material sheet	1 transparent zip-lock bag	1 test instructions
1-2 biohazard specimen pouch(es)	2 yellow-topped vials	2 pipettes		1 FedEx Clinical Pak
1-2 absorbent packing material sheet(s)	2 specimen collection trays	1 freezer Ice-Brix gel pack		
	2 disposable gloves	1 transparent biohazard zip-lock bag		
	1 transparent biohazard zip-lock bag			
	1 absorbent packing material sheet			
For Canada, additional materials included per kit: commercial invoice, Fed Ex Airway Bill, and plastic pouch				

URINE COLLECTION INSTRUCTIONS

Testing Requirements for Urine (read before collection)				
Test	Min Reqs.	Items to Discontinue	Urine Collection	After Collection
Amino Acids Urine Test	20 mL Urine	Discontinue any amino acid supplements 24 hours prior to collection.	Collect the first morning urine in the collection cup provided. Collection prior to eating or drinking is preferred. Do not overfill specimen cup.	Secure the lid tightly. Place sample in the freezer until ready to ship. Ship with frozen, gel icepack.
Gluten / Casein Peptides Test	5 mL Urine	Avoid soy protein consumption for at least one week prior to testing (soy oil & lecithin may be consumed).		
Organic Acids Test	5 mL Urine	Avoid apples, grapes, pears, and cranberries as well as their juices or products 24 hours before collection.		

Urine Instructions Prior to Collection

1. Save all packaging components from the kit(s) for return shipping.
2. Panels must be shipped Monday through Wednesday ONLY.
3. Avoid apples, grapes, pears, and cranberries as well as their juices or products 24 hours before collection. Avoid soy protein consumption for at least one week prior to testing (soy oil & lecithin may be consumed).
4. Limit liquid intake beginning at 6:00 pm the night prior to collection to avoid sample dilution.
5. Fill out TRF completely (print clearly). Make copies of completed TRF if shipping panels separately.
6. Print patient's full name, and collection date and time on the side of the urine cup.
7. Place the gel icepack flat in the freezer overnight (or at least 4 hours).
8. This urine collection kit can be used for ALL urine tests in panel. A full cup (70mL) meets panel specifications. Minimum requirements are listed in the table below.

Urine Collection Instructions

1. Collect first morning urine in collection cup provided. Collection prior to eating or drinking is preferred.
2. Urine sample must be yellow in color; if urine is clear, sample is too diluted for testing. Discard diluted sample, rinse collection cup in hot water only (no soap) and air dry, then recollect.
3. Secure lid tightly on sample. Place sample in the freezer until ready to ship. Ship with frozen, gel icepack.

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

STOOL COLLECTION INSTRUCTIONS

Testing Requirements for Stool (read before collection)

Vials	Min Reqs	Items to Discontinue <small>Unless otherwise instructed by your physician</small>	Collection Day 1	Collection Day 2	After Collection
White Top	10 mL stool (to fill line)	Digestive enzymes, antacids, iron, supplements, vitamin C over 250 mg, aspirin, anti-inflammatories, and large amounts of meat 48 hrs prior to collection.	Collect sample in collection tray. Place stool sample into the vial using spoon attached to the lid. Take multiple samples from different areas of specimen.	None	Place specimen in freezer.
Yellow Tops (2)	5 mL stool (to fill line)		Collect sample in collection tray. Place stool sample into the vial using spoon attached to the lid. Take multiple samples from different areas of specimen.	Collect sample in collection tray. Place stool sample into the vial using spoon attached to the lid. Take multiple samples from different areas of specimen.	Shake sample vigorously for about 30 seconds. Store at room temperature.
Green Top	5 mL stool (to fill line)		None	Collect sample in collection tray. Place stool sample into the vial using spoon attached to the lid. Take multiple samples from different areas of specimen.	Shake sample vigorously for about 30 seconds. Store at room temperature.

Stool Collection Instructions

1. Sample must be collected on two separate days (at least 12 hours apart) and must be received by GPL within 5 days after the first collection. We suggest starting the first collection on the weekend.
2. Do not allow urine or water to touch stool sample, as it will contaminate the sample.
3. Avoid skin and eye contact with fluid in vials. If eye contact occurs, flush with water thoroughly for 15 minutes. If skin contact occurs, wash thoroughly with soap and water. If accidentally ingested, contact your physician immediately.
4. Please check your vials for an expiration date. If any have expired, call for replacement vials.
5. If you are unable to produce a stool sample, only the recommended laxatives can be used. Administer laxatives 24 hours prior to sample collection. Do not use any suppositories or mineral oil. ONLY the following laxatives may be used:
 - Oral phosphate soda laxatives such as Fleet
 - Magnesium citrate
 - Psyllium fiber
 - Enemas may be given using distilled water only





HAIR COLLECTION INSTRUCTIONS

1. Please note: scalp hair does not need to be washed prior to collection. DO NOT wash hair with a dandruff shampoo. If you color or bleach your hair, wait until untreated hair growth has appeared before collecting as color agents may contaminate sample.
2. See scale card enclosed which serves as a way to roughly weigh the hair sample.
3. Fill the scale 2 times (collection minimum is 1 gram of hair).
4. Combine the hair sample in the plastic bag.
5. Label the bag clearly and place the sample in the white envelope provided.

PHEBOTOMIST COLLECTION INSTRUCTIONS

1. Blood collection must occur in the morning as one specimen component must be frozen prior to shipping. **Drink plenty of water at least 24 hours prior to blood draw for proper hydration.**
2. Sample must be shipped the same day blood is drawn.
3. Panels must be shipped Monday through Wednesday 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 (TRF).
7. The following table indicates blood draw collection and processing (not all tubes are applicable to kit collection).

BLOOD TUBE COLLECTION INSTRUCTIONS

Tube Type	Test / Panel	Panel	Instructions
Royal blue top with EDTA (blue label) 	Metals Red Blood Cell	Comprehensive Mental Health Panel, Basic AD(H)D Panel, and Comprehensive AD(H)D Panel	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.
Blue top no additive (red label - trace element free) 	All other blood tests in panels	All Panels	Centrifuge specimen for 15 minutes at 1500g. Remove serum within 4 hours pipette serum into transfer vial and ship serum.
Blue top no additive (red label - trace element free) 	Comprehensive Fatty Acids	Basic Mental Health Panel, Comprehensive Mental Health Panel, Basic AD(H)D Panel, Comprehensive AD(H)D Panel, Basic Wellness Panel, Comprehensive Wellness Panel	Requires a 12-14 hour fast. Avoid alcohol for 24 hours. 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. FREEZE serum until ready to ship and place with frozen gel pack .
Lavender with EDTA 	Amino Acids Plasma (only in the U.S.)	Basic Mental Health Panel, Comprehensive Mental Health Panel	Requires a 12-14 hour fast. Avoid alcohol for 24 hours. Invert specimen 10 times. Ship with frozen gel pack. Must be received within 24 hours of collection.

BLOOD VOLUME REQUIREMENTS

Panel Name	Tube Requirements	Total Blood Requirements
Autism Panel – Basic	1 Blue Top Tube - No Additive	2 mL Serum
Autism Panel - Comprehensive	5 Blue Top Tubes - No Additive	10 mL Serum
AD(H)D Panel - Basic	1 Blue Top Tube - No Additive	2 mL Serum Frozen
	2 Blue Top Tubes - Potassium EDTA (Trace Element Free)	4 mL Packed Cells
AD(H)D Panel - Comprehensive	5 Blue Top Tubes - No Additive	10 mL Serum Frozen
	2 Blue Top Tubes - Potassium EDTA (Trace Element Free)	4 mL Packed Cells
Tourette's & Tics Panel - Basic	3 Blue Top Tubes - No Additive	6mL Serum
Tourette's & Tics Panel - Comprehensive	5 Blue Top Tubes - No Additive	10mL Serum
Fibromyalgia & CFS Panel - Basic	1 Blue Top Tube - No Additive	2 mL Serum
Fibromyalgia & CFS Panel - Comprehensive	2 Blue Top Tubes - No Additive	4 mL Serum
Mental Health Panel - Basic	1 Blue Top Tube - No Additive	2 mL Serum Frozen
	1 Lavender-Top Tube - EDTA (U.S. only)	6 mL Whole Blood
Mental Health Panel - Comprehensive	5 Blue Top Tubes - No Additive	8 mL Serum Frozen
	1 Lavender-Top Tube - EDTA (U.S. only)	6 mL Whole Blood
Wellness Panel - Basic	1 Blue Top Tube - No Additive	2 mL Serum Frozen
Wellness Panel – Comprehensive	5 Blue Top Tubes - No Additive	10 mL Serum Frozen

PHLEBOTOMY RESTRICTIONS FOR PEDIATRIC PATIENTS

Panel Name	Patient Weight (lb)							
	< 6	6 – 8	8 – 10	10 – 15	16 – 40	41 – 60	61 – 65	65 – 100
Autism Panel – Basic	No	No	Yes	Yes	Yes	Yes	Yes	Yes
Autism Panel - Comprehensive	No	No	No	No	No	Yes	Yes	Yes
AD(H)D Panel - Basic	No	No	No	No	No	Yes	Yes	Yes
AD(H)D Panel - Comprehensive	No	No	No	No	No	No	Yes	Yes
Tourette's & Tics Panel - Basic	No	No	No	No	No	Yes	Yes	Yes
Tourette's & Tics Panel – Comprehensive	No	No	No	No	No	Yes	Yes	Yes
Fibromyalgia & CFS Panel - Basic	No	No	Yes	Yes	Yes	Yes	Yes	Yes
Fibromyalgia & CFS Panel - Comprehensive	No	No	No	No	Yes	Yes	Yes	Yes
Mental Health Panel - Basic	No	No	No	No	No	Yes	Yes	Yes
Mental Health Panel - Comprehensive	No	No	No	No	No	No	Yes	Yes
Wellness Panel - Basic	No	No	Yes	Yes	Yes	Yes	Yes	Yes
Wellness Panel – Comprehensive	No	No	No	No	No	Yes	Yes	Yes

This table should be used as a tool to determine whether or not a blood sample may be collected in a pediatric patient in each case. These guidelines are based on the maximum allowable amount of blood which can be drawn at one time. It has been established for patients younger than 14 years of age.

PREPARING AND SHIPPING SPECIMENS

Blood Shipping Instructions

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 (U.S. only).
3. Insert container into white Styrofoam box.
4. Place frozen transport vial(s) and lavender-top tube 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. **For kits shipped from Canada**, fill out the FedEx Airway Bill following the example included in your kit. Also fill out the Commercial Invoice and make 3 copies. Seal the FedEx Clinical Pak(s). Peel off adhesive backing of the enclosed plastic pouch and attach to the outside of the FedEx Clinical Pak. Place all 4 copies (original and 3 copies) of the commercial invoice in the pouch. Place the completed Airway Bill on top of the commercial invoices.
9. Keep record of the shipping/tracking number in the event you would like to track your package.
10. Take note of shipping / tracking number in order to track the package.
11. Call FedEx at 1-800-463-3339 to schedule a pickup or take to FedEx location. **DO NOT PUT KITS IN A FEDEX DROP BOX!**

United States: Mention you have a prepaid FedEx Clinical Pak for overnight delivery.

Canada: Mention you have a FedEx Clinical Pak for International Priority Delivery. The cost of shipping is already included in the panel prices.

Urine and Stool Shipping Instructions

1. Fold and place completed Test Requisition Form in the outside pocket of the biohazard zip-lock specimen pouch.
2. Place frozen, gel icepack in Styrofoam box.
3. Place urine collection cup, white-topped stool vial, and absorbent sheet together in biohazard zip-lock specimen pouch.
4. Place the two yellow-topped stool vials and one green-topped stool vial in the biohazard zip-lock specimen pouch and place in Styrofoam box.
5. Place the Styrofoam lid on box and place the box in the white cardboard box.
6. Place cardboard box into FedEx Clinical Pak bag. **For kits shipped from Canada**, fill out the FedEx Airway Bill following the example included in your kit. Also fill out the Commercial Invoice and make 3 copies. Seal the FedEx Clinical Pak(s). Peel off adhesive backing of the enclosed plastic pouch and attach to the outside of the FedEx Clinical Pak. Place all 4 copies (original and 3 copies) of the commercial invoice in the pouch. Place the completed Airway Bill on top of the commercial invoices.
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Hair Shipping Instructions

Place hair sample into the white envelope and place into the shipping box along with the other specimens.