



# Male/Female Wellness (Serum, Plasma) – KIT

## COLLECTION & CONTENTS

– FOLLOW INSTRUCTIONS CAREFULLY –  
IMPROPER COLLECTION MAY INVALIDATE RESULTS

### KIT CONTENTS

- 1 – Cold Pack
- 1 – Requisition Form
- 1 – Biohazard Bag with Gauze Pad
- 1 – Silver Insulated Envelope
- 1 – Prepaid Shipping Label
- 1 – Laboratory Shipping Pack
- 2 – Serum Separator Tubes (SST)
- 1 – Lavender Top EDTA Tube

*Contact Us if any items are damaged or missing*

### Collection Requirements

**FASTING - Do not consume any food for 12 hours prior to the blood draw.**

### Shipping Requirements

**Sample Must Be Shipped Same Day — ONLY Ship samples: Monday—Thursday**

### Sample Stability

**Refrigerate samples at 2-8 C° until shipment. We ask that samples are shipped within 1 day of collection. Do not freeze the samples.**

**A Targeted Approach to Wellness**

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**NOTE:** Please review all instructions and collection kit components before starting your sample collection. DO NOT discontinue taking prescription medications unless directed by your physician.

## Specimen Collection Instructions

1. Place cold pack in freezer for at least 4-6 hours minimum before shipping.
2. Collect the blood in the 2 SST and 1 lavender-top.
3. Invert the SST tube gently 6 times, allow blood to clot between 30-45 minutes.
4. Invert the EDTA tube gently 8 times.
5. Centrifuge 2 SST Tubes. Do not centrifuge the EDTA tube.
6. If gel barrier still has cells above gel, spin additional 5 minutes.
7. Using a permanent marker, write the patient's first and last name, date of birth, and date of collection on each sample tube.
8. Store the sample in a 2-8°C refrigerator until ready to ship. Do not freeze. Frozen samples will not be processed.

## Shipping Instructions

1. Make sure the specimen tubes are properly labeled.  
**Improperly labeled tubes cannot be processed.**
2. Place the tube(s) inside of the biohazard bag and seal the bag. Do not remove gauze pad.
3. Complete the Test Requisition Form, fold and place the form within the outer pocket of the biohazard bag.
4. Place the biohazard bag into the insulated shipping envelope.
5. Place the cold pack inside the insulated shipping envelope.
6. Seal the shipping envelope and place it inside the shipping box.
7. Place the shipping box inside the lab mailing pack.
8. Attach prepaid shipping label.
9. Take the package to any UPS storefront location or call them to schedule a pickup.



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