



# 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

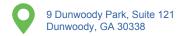
#### **Sample Stability**

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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# Specimen Collection Instructions

- Shipping 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. Donot 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.

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



