



Male Wellness (Serum, Plasma, Urine) - KIT

Collection & Contents

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

Kit Contents

Contact Us if any items are damaged or missing

Quantity	Item Description	Quantity	Item Description
1	Cold Pack	1	Light blue top citrate tube
1	Requisition form	1	Urine collection cup
1	Biohazard bag with gauze pad	4	Transfer pipettes
1	Silver insulated envelope	5	Transfer tubes (2 red, 1 blue, 1 yellow and 1 green)
1	Prepaid shipping label		
1	Laboratory shipping pack		
6	Serum separator tubes (SST)		
1	Green top heparin tube		
5	Lavender top EDTA tubes		

Sample Stability

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

Contact Us

9 Dunwoody Park, Dunwoody, GA 30338
(678) 736-6374 | info@precisionpointdiagnostics.com
www.precisionpointdiagnostics.com



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Specimen Collection Instructions

BLOOD

1. Place cold pack in freezer for at least 4-6 hours minimum before shipping.
2. Collect the blood in the 6 SST, 5 lavender-top, 1 Light Blue-top, and 1 Green Top Heparin tubes provided.
3. Invert the SST tube gently 6 times, allow blood to clot between 30-45 minutes
4. Invert the EDTA and Heparin tube gently 8 times.
5. Centrifuge 2 SST Tubes, 1 EDTA Tube, and 1 Green Top Heparin Tube.
6. If gel barrier still has cells above gel, spin additional 5 minutes or transfer into transfer tube.
7. Transfer Serum from SSTs to the 2 Red Top Transfer tubes.
8. Transfer Plasma from EDTA Tube to Green Top Transfer Tube.

9. Transfer Plasma to Blue Top Transfer Tube. Only send in RBCs in Heparin tube and discard plasma in Transfer Tube.
10. Using a permanent marker, write the patient's first and last name, date of birth, and date of collection on each sample tube.
11. DO NOT transfer the blood into another tube.
12. Store the sample in a 2-8°C refrigerator until ready to ship. Do not freeze. Frozen samples will not be processed.

Urine

1. Collect urine at any time of day in the urine collection cup. Using the transfer pipette, fill the Yellow Top transport tube completely.
2. Using a permanent marker, write the patient's first and last name, date of birth, and date of collection on each sample tube.
3. Store urine in refrigerator until shipping.

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 the shipping carrier's storefront location or call the carrier to schedule a pickup.

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4. Invert the EDTA and Heparin tube gently 8 times.
5. Centrifuge 2 SST Tubes, 1 EDTA Tube, and 1 Green Top Heparin Tube.
6. If gel barrier still has cells above gel, spin additional 5 minutes or transfer into transfer tube.
7. Transfer Serum from SSTs to the 2 Red Top Transfer tubes.
8. Transfer Plasma from EDTA Tube to Green Top Transfer Tube.

9. Transfer Plasma to Blue Top Transfer Tube. Only send in RBCs in Heparin tube and discard plasma in Transfer Tube.
10. Using a permanent marker, write the patient's first and last name, date of birth, and date of collection on each sample tube.
11. DO NOT transfer the blood into another tube.
12. Store the sample in a 2-8°C refrigerator until ready to ship. Do not freeze. Frozen samples will not be processed.

Urine

1. Collect urine at any time of day in the urine collection cup. Using the transfer pipette, fill the Yellow Top transport tube completely.
2. Using a permanent marker, write the patient's first and last name, date of birth, and date of collection on each sample tube.
3. Store urine in refrigerator until shipping.

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.
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