

Provider Guide



NutrEval® Plasma #3001

Not Available in New York



Abnormal kidney function or use of diuretics may influence test results.

BEFORE YOU BEGIN

Ordering Physicians

Before distributing to patients, visit gdx.net/mygdx to order and activate this test using the activation number on the included label card.



STEP 1

Help Patients Plan for Collection

Ship Monday thru Friday and avoid US holidays which may cause delays. See the Patient Guide for additional prep information and review full clinical guidelines at gdx.net/tests/prep.

4 Days before Collection

Discontinuing medications is at the discretion of the physician. Valproic acid, acetaminophen, and berberine HCl can interfere with select analytes.

Night Before Blood Draw

Patient must fast overnight. Water is okay.

Freeze freezer brick at least 8 hours.

Day of Blood Draw

Remind patient to freeze urine samples a minimum of two hours prior to blood draw

STEP 2

Specimen Collection




























1. Write patient's **date of birth** (DOB) and the **date of collection** on the labels provided. Attach a completed label from the activation card to each of the **4 tubes** being returned to the lab.

The Na-EDTA blue-top tube, Na Heparin blue-top tube, and K2-EDTA blue-top tube are interchangeable for this specimen collection pack. These are **trace mineral tubes**, not standard tubes.

Blood Draw and Processing

1. **Clean the skin** thoroughly with isopropyl alcohol before venipuncture, and **use only stainless steel needles**.
2. **Draw blood**.
3. **Process blood** using bench chart. Processing must be completed within **45 minutes** of blood collection.

Bench Chart

TUBES	PROCESS		LABEL AND RETURN
 Na-EDTA, K2-EDTA, or Na Heparin Blue-top Tube	 Gently invert 10-15 times		   REFRIGERATE
 Red SST Tiger-top Tube  Amber Transfer Tube	 Clot for 15 min. while standing in a rack Centrifuge 15 min. at 3000 RPM Transfer serum to amber transfer tube DISCARD USED TUBE		    FREEZE
 EDTA Lavender- top Tube	 Gently invert 5 times Do not shake		   REFRIGERATE
  Na Heparin Tube Blue or Green-top  Blue-top Preservative Tube  Yellow-top Transfer Tube	  Gently invert the tube 10-15 times Centrifuge 15 min. at 3000 RPM Transfer plasma to blue-top preservative tube DISCARD USED TUBE	 Immediately shake very hard at least 10-20 sec. Centrifuge 5 min. at 2500 RPM Transfer the clear supernatant into the yellow-top transfer tube DISCARD USED TUBE	    FREEZE

STEP 3

Return Collection Pack

1. Confirm that each tube has a **completed label attached** with patient's **date of birth** and the **date of collection**. Place the **frozen freezer brick** and the biohazard bags with **all tubes** inside the **foam insulator**. Replace the foam lid.
2. If ordered, confirm the **cheek swab envelope** is sealed shut and has a **completed label attached**. Then place behind the foam insulator inside the cardboard box.
3. Retain a copy of the **activation number** for future reference **using one of the three labels provided on the bottom of the activation label card**.
4. Visit gdx.net/mygdx to enter the date of your final collection and receive your **confirmation code**. Write the date of collection and your confirmation code on the **activation label card**. Place the **activation card inside** the box.
5. **Close the cardboard box** and **place** inside the **FedEx shipping bag**. Follow the shipping instructions provided.

