

# Provider Guide

**Cardio Check**

Cardio Check #3702



Discuss any medications with your physician as they may impact results.

## BEFORE YOU BEGIN

# Ordering Physicians

Visit [gdx.net/mygdx](https://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. Review full clinical guidelines at [gdx.net/tests/prep](https://gdx.net/tests/prep). Please return specimens within 24 hours after collection.

## Prior to Testing

**N-Acetyl Cysteine (NAC)** interferes with lipid assays resulting in falsely low levels.

Testing is not recommended during infection, tissue injury, or acute illness.

## 4 Days Before Collection

Some clinicians choose to discontinue non-essential nutritional supplements to get a “baseline” reading. Some clinicians choose to continue medications or nutritional supplementation to assess the efficacy of treatments.

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STEP 1 (Continued from the last page)

## Help Patients Plan for Collection

### Day Before Collection

Fast overnight at least 12 hours prior to blood draw – water is okay.

Avoid exercise for at least 24 hours before collection.

### Night Before Blood Draw

Freeze freezer brick at least 8 hours.

STEP 2

## Specimen Collection

### Day Before Collection




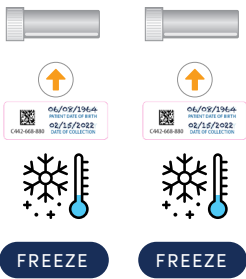
1. Write patient's **date of birth** (DOB) and the **date of collection** on labels provided. Attach the completed labels to the **tubes** being returned to the lab.



## 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.

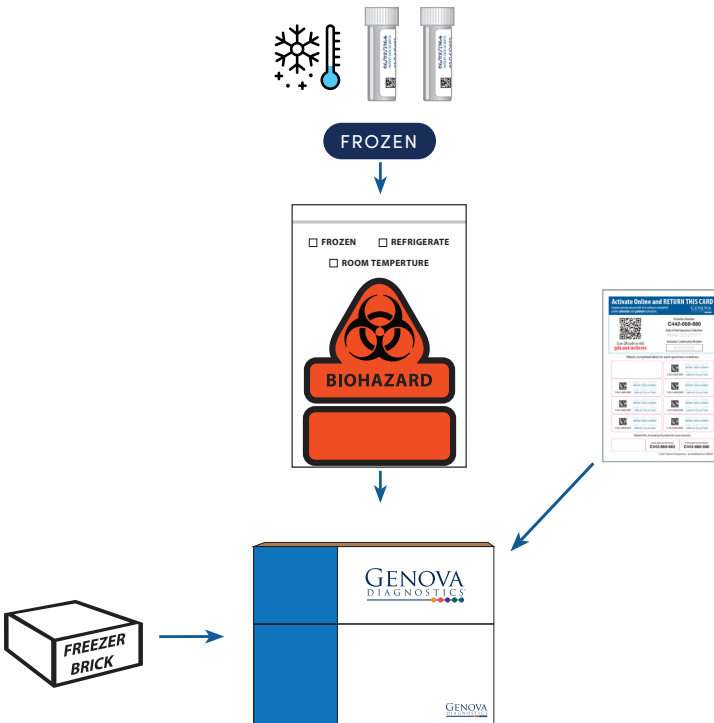
## Bench Chart

TUBES	PROCESS	LABEL AND RETURN
 Red SST Tiger-top Tubes (x2)  Transfer Tubes (x2)	 (x2) Clot for 15 min. while standing in a rack Centrifuge 15 min. at 3000 RPM Transfer serum to clear transfer tubes (x2) <b>DISCARD USED TUBES</b>	 Two labels with QR codes and patient information fields, each with an upward arrow icon. Two snowflake icons with a thermometer, each with a "FREEZE" button below it.

### STEP 3

## Return Collection Pack

1. Confirm that each tube has a **completed label attached** with **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. 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**.
3. 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.
4. **Close the cardboard box** and **place** inside the **FedEx shipping bag**. Follow the shipping instructions provided.



Additional resources are available online at [gdx.net/tests/prep](https://gdx.net/tests/prep).