

CHECKLIST (PRIOR TO SHIPPING)

1. All Tubes

- Patient's First and Last Name, Date of Birth and Time and Date of Collection written on all tube labels
- All the tubes are tightly closed

2. Blood Tubes - Frozen

- Amber transfer tube
- Clear-top transfer tube

3. Blood Tubes - Refrigerated

- Na EDTA blue-top tube
- EDTA lavender-top tube (4 ml)

4. Urine Tubes - Frozen (Please see Urine Collection details)

- Green-top preservative tube
- Green-top tube
- Blue-top Amber transfer tube

5. Swabs (ONLY FOR GENOMICS ADD-ONS)

- Swabs in the package and in the envelope

6. Test Requisition Form with Payment

- Test Requisition Form is complete **Test is marked, Patient's first and last name, date of birth, gender, and date of collection** are recorded
- Payment is included

SHIP THE SPECIMEN(S) TO THE LAB

Specimen(s) must be returned in the Genova Diagnostics provided packaging. Please refer to the shipping instruction insert provided within the test kit. Plan to return your samples by overnight delivery to arrive next day between Monday and Thursday.



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Call 020.8336.7750 or visit our website at www.gdx.net/uk

NUTREVAL SPECIMEN COLLECTION INSTRUCTIONS CLINICIAN BLOOD DRAW INSTRUCTIONS



The following test(s) can be collected using these instructions:

NutrEval® **NUT06**

Add-ons available

- Genomics a-la-carte SNPs
 - > ApoE
 - > MTHFR
 - > COMT
 - > TNF-α



Test may not be processed without this information:

Test Requisition Form



Please Provide:

- Patient's First/last Name
- Date of Birth
- Gender
- Date of Collection

All Tubes



Please Label:

- Patient's First and Last Name
- Patient's Date of Birth
- Time and Date of Collection

Specimen

Blood, Serum

Additional Materials

- Silver Foil Bag
- Tube Holder
- Freezer Brick
- Biohazard Bag with Absorbent Material
- Test Requisition Form
- Collection Labels
- Prepaid Mailing Envelope

Collection Materials for Blood



Na EDTA blue-top tube



EDTA lavender-top tube 6 ml



EDTA lavender-top tube 4 ml



Clear-top Transfer tube



Amber transfer tube



SST red tiger-top tube



Pipette (3)

If any of the items are missing or expired, call the laboratory on 020 8336 7750.

IMPORTANT PREP BEFORE SAMPLE COLLECTIONS

- Schedule the patient accordingly
- Abnormal kidney function or use of diuretics may influence test results
- Female patients should not collect urine during a menstrual period

MEDICATIONS MAY IMPACT RESULTS



Discontinuation is at the discretion of the physician if medically appropriate. Antibiotics, antifungals, amphetamines, acid blockers, fibrate and corticosteroids may impact results.

4 DAYS BEFORE THE TEST:



- If medically appropriate, non-essential medications, supplements, and nutrient fortified foods/beverages should be discontinued
- Avoid artificial sweeteners and MSG

24 HOURS BEFORE THE TEST:



- Patient should eat their usual diet. Avoid over-consuming any single food or extreme diets.
- Fluid intake should be limited to 1.5 litres of fluid.
- Patient should avoid seafood.

NIGHT BEFORE THE TEST:



- Patients must fast overnight prior to the blood draw.
- Freeze the enclosed freezer brick a minimum of 8 hours before shipping.

THE DAY OF THE TEST:



- All patient's urine tubes must be completely frozen prior to blood draw appointment.

For more details, please visit www.gdx.net/tests/prep

BLOOD COLLECTION

Please collect all tubes in one session. Label each tube with the patient's date of birth.

Blood processing note: Step 3 must be completed within 45 minutes after blood collection.

- 1 Before venipuncture, thoroughly wash the skin area with isopropyl alcohol, using two successive swabs of clean, sterile cotton. **Do not use iodine or mercury-based disinfectants/antiseptics.** Extra cleaning of the skin is important for accurate trace element analysis. **Use only stainless steel needles, with no aluminum or other metal** crimp ring.

2 DRAW BLOOD

3 BLOOD PROCESSING



EDTA LAVENDER TOP TUBE (6 ml)

Gently invert the tube 10-15 times
Process within 15 minutes after blood draw
Centrifuge 15 min. at 3000 RPM
Transfer plasma to clear-top transfer tube

DISCARD



CLEAR-TOP TRANSFER TUBE

Freeze
RETURN TO LAB



RED SST TIGER-TOP TUBE

Clot for 15 min. while standing in a rack
Centrifuge 15 min. at 3000 RPM
Transfer serum to amber transfer tube

DISCARD



AMBER TRANSFER TUBE

Freeze
RETURN TO LAB



NA EDTA BLUE-TOP TUBE

Gently invert the tube 10-15 times
Refrigerate no more than 4 days prior to shipping

RETURN TO LAB



EDTA LAVENDER TOP TUBE (4 ml)

Gently invert 5 times
Do not shake
Refrigerate

RETURN TO LAB