



## 1 Before You Begin Collection

NOTE: This kit must be used by qualified medical personnel NOT FOR HOME USE

1. Save the cardboard box and place gel pack (if included) flat into the freezer (for at least 4 hours) to ship the sample back to us.
2. Send the sample off to the lab Monday through Thursday. Extra shipping charges will apply for Saturday deliveries (Friday shipments), and the sample may become compromised due to the lab being closed over the weekend.
3. Review the patient preparation instructions in the Specimen Requirements table on the reverse side.
4. Please check the expiration date on all vials. If any have expired, call 913-341-8949 for replacement vials.
5. Fill out the Test Requisition Form completely. Please PRINT clearly. For US patients, a physician authorization is required.
6. Call your phlebotomist and make an appointment for a morning blood draw.
7. Take the kit, including frozen gel pack (if included) and instructions to your appointment.

## 2 Instructions for Phlebotomist

1. Sample must be shipped within 24-48 hours after collection. Send the sample Monday through Thursday.
2. Collect the appropriate specimen using the guidelines on the reverse side.
3. Indicate patient's name, DOB, and collection time and date on vials and on the Test Requisition Form. Refrigerate or freeze specimen until ready to ship.
4. Prepare the specimen for shipping.

**If your physician does not have a phlebotomist, we suggest:**


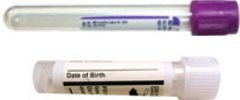



Alpha Phlebotomy Group.  
Visit <https://greatplainsphlebotomypartner.yourhealthpro.net>  
or call 1-541-664-4382 (6am PST to 8pm EST).  
Any Lab Test Now. Visit [www.anylabtestnow.com/locations](http://www.anylabtestnow.com/locations)  
to find a location near you.  
For other options, please visit [www.GPL4U.com/blooddraw](http://www.GPL4U.com/blooddraw)  
**Phlebotomists often charge a fee for the blood draw, which most insurance companies cover.**

## 3 Preparing and Shipping Specimens

1. Place transport vial(s) into the vial sleeve(s) and seal. Place vial sleeve(s) into the biohazard zip-lock bag, insert absorbent sheet, and close.
2. If the sample requires frozen gel pack (see specimen requirements on back), insert frozen gel pack into biohazard zip-lock bag.
3. Fold and place the completed Test Requisition Form in the outside pocket of the biohazard zip-lock bag containing the specimen. Insert biohazard zip-lock bag into the cardboard box.
4. Close the lid. Place the box in the FedEx Clinical Pak and seal. Note the shipping/tracking number if you would like to track the package at [www.fedex.com](http://www.fedex.com).
5. Call FedEx at 1-800-463-3339 for pickup. Mention you need to schedule a pick-up using a billable stamp. Do not put kits in a FedEx drop box.

**For questions about the collection of samples, call a Customer Service Representative at (913) 341-8949.**

## Specimen Requirements

Vial Type	Test (# of vials for test)	Amount per Vial	Patient Preparation Instructions	Phlebotomist Instructions
<b>Gold SST vial</b> 	Advanced Cholesterol Profile (2) Homocysteine (1)* Iron + Total Iron Binding Capacity (1)* IgG Food MAP w/ Candida + Yeast (1)* IgE Food Allergy Essential (1) IgE Food Allergy Basic (2) IgE Food Allergy Advanced (3) IgE Inhalant Allergy Basic (2) IgE Inhalant Allergy Advanced (3) IgE Allergy Advanced Combined (6-8) Mold IgE Allergy Test (1) Streptococcus Antibodies Profile (1) Vitamin D (1)	2 mL serum per SST vial  (1 mL serum per SST vial for IgG Food MAP)  Multiple vials in kit, fill all required vials and follow instructions on right	Hydrate 24-48 hours prior to collection.	Allow blood to clot at room temperature, upright for 15-30 minutes. Centrifuge for 15 minutes at 1500g. Separate the serum from the cells. Decant or pipette serum into the 5mL plastic transport vials provided and cap tightly. <b>Freeze sample if not shipping on the day of collection.</b>
<b>Lavender with EDTA</b> 	<b>Amino Acids Plasma</b> (1) Amino Acid Plasma pour-off vial	6 mL whole blood – 2ml plasma	Hydrate 24-48 hours prior to collection.  Requires an overnight fast. Avoid alcohol for 24 hours.	Invert specimen 10 times. Within 30 minutes of initial blood draw, centrifuge the vial for at least 10 minutes. Pipette the plasma into the plastic transfer vial using the disposable pipette supplied. Pipette the plasma to the line marked “2mL” on the vial. Do not fill above or below this line. Mix the acid and plasma by inverting the vial at least 10 times. Immediately freeze transport vial. Ship with frozen gel pack. Must be received within 48 hours of collection. <b>Freeze sample.</b>
<b>Royal blue top with EDTA (blue label)</b> 	<b>Metal Red Blood Cell (2)</b>	2 mL packed red blood cells per vial, 2 vials required	Hydrate 24-48 hours prior to collection.	Centrifuge specimen for 15 minutes at 1500g. Within 1 hour discard plasma and leave RBCs in Blue Top Vials. Ship on the day of collection. <b>Do not freeze.</b>
<b>Royal blue top with EDTA (blue label)</b> 	<b>Metal Whole Blood (1)</b>	4 mL whole blood	Hydrate 24-48 hours prior to collection.	Invert specimen 10 times. Ship on the day of collection. <b>Do not freeze.</b>
<b>Blue top no additive (red label - trace element free)</b> 	<b>Copper + Zinc Profile (2)</b>	4 mL serum	Hydrate 24-48 hours prior to collection.	Centrifuge specimen for 15 minutes at 1500g. Remove serum within 4 hours, pipette serum into transfer vial and ship serum. <b>Freeze sample.</b>

## Turn Around Time

Please note that most test results take a minimum of **two weeks** to become available after the sample arrives at our facility.