

Checklist (Prior to Shipping)

Includes Blood & Urine Specimens

1. Tubes

- Patient's first and last name, date of birth, gender, and date of collection are written on all tubes and vials
- All the tubes and vials are capped tightly

2. Frozen

- Clear cap plastic vial (urine)
- 3 red top amber transfer tubes
- Lavender top clear transfer tube
- 3 ice packets

3. Room Temperature

- Royal-blue top Na-EDTA tube, trace mineral free

4. Test Requisition Form with Payment

- Test Requisition Form is complete
- Personal Health Assessment Form is complete
- Payment is included



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IONSM Profile - Clinician

Blood Specimen Collection Instructions

This specimen collection kit can be used for the following test(s):

0090 ION Profile - Blood/Urine

0490 ION Profile w/Amino Acids 40 - Blood/Urine

Please Note: The ION Profile requires the patient to collect urine at home. This should be done prior to the blood collection. **All specimens, urine and blood, must be shipped together.** Patient must be fasting for blood draw. (Urine collection instructions are explained in the ION Profile - Clinician Specimen Collection Instructions.)

IMPORTANT:

All patient specimens require two unique identifiers ***patient's name and date of birth***, as well as ***date of collection***. **Patient's first and last name, date of birth, gender, and date of collection** must be recorded on the **Test Requisition Form** as well as on all tube(s) and/or vial(s), using a permanent marker, or the test may not be processed.

Specimen

Serum, ~9 ml (3 tubes, ~3 ml each), frozen; **Plasma**, 2.5 - 3 ml, frozen;

Whole Blood, room temperature; **Overnight Urine**, 12 ml, frozen

Collection Materials

- 3 red/gray top serum separator tubes
- Royal-blue top Na-EDTA tube, trace mineral free
- Lavender top EDTA tube
- 3 red top amber transfer tubes
- Lavender top clear transfer tube
- 3 disposable pipettes

Shipping Materials

- Plastic shell tube tray
- 2 absorbent pads
- 3 ice packets
- Test Requisition Form
- Personal Health Assessment Form
- Biohazard bag with side pocket
- Specimen collection kit box

Please read all instructions carefully before you begin.

Patient Preparation

- It is best to **ship the specimen within 48 hours of collection**. Please refer to the enclosed shipping instructions **before** you collect to determine the days that the specimen can be shipped.
- Please check to make sure the patient has fasted prior to drawing blood.

Blood Collection

1. **Write patient's first and last name, date of birth, gender, and date of collection** on the Test Requisition Form (located in the pouch on top of the Specimen Collection Kit Box), as well as on all tube(s) and/or vial(s), using a permanent marker.
 - **IMPORTANT:** To ensure accurate test results, you **MUST** provide the requested information.
2. **Freeze** the ice packets.
3. **Red/gray top serum separator tubes and red top amber transfer tubes**
 - **Draw** the 3 red/gray top serum separator tubes .
 - **Place** upright in a rack at room temperature for 20 to 30 minutes to clot blood.
 - **Centrifuge** the red/gray top serum separator tubes for 15 minutes. The serum must be free of hemolysis or red blood cells.
 - **Pipette** all of the serum off of the 3 red/gray separator tubes into the 3 red top amber transfer tubes. (**DO NOT** fill more than $\frac{3}{4}$ full to allow for freezing). **Cap** each tube tightly.
 - **Freeze** the red top amber transfer tubes..
4. **Royal-blue top Na-EDTA tube, trace mineral free**
 - **Draw** the royal-blue top Na-EDTA tube completely.
 - **Invert** the tube gently 15 times immediately after the blood draw.
 - **Leave** the tube at room temperature. Do not centrifuge or transfer.
5. **Lavender top EDTA tube and lavender top clear transfer tube**
 - » **Draw** the lavender top EDTA tube completely.
 - » **Invert** the lavender top EDTA tube 10 times to mix the EDTA with the blood.
 - » **Centrifuge** immediately for 15 minutes. The plasma must be free of hemolysis or red blood cells.
 - » **Remove** the lavender top EDTA tube after centrifuging;
DO NOT INVERT THE TUBE.
 - » **Pipette** plasma, using a fresh disposable pipette, 2.5 - 3 ml to the lavender top clear transfer tube.
 - » **Freeze** the lavender top clear transfer tube.

Specimen Preparation

1. **Place** all of the frozen transfer tubes and the frozen urine collection into the slots or the ends of the plastic shell tube tray (an exact fit is not necessary). **Place** the absorbent pad over the tubes. **Place** the frozen ice packets at each end of the tubes in the tray and one in the middle. **Snap** the tray closed. (Do not place the royal-blue top Na-EDTA tube inside the tray).
2. **Place** the tray, along with the royal-blue top Na-EDTA tube, into the biohazard bag.
3. **Staple** payment to the bottom right-hand corner of the completed Test Requisition Form and **complete** the Personal Health Assessment Form; **Fold and Place** them in the side pocket of the biohazard bag.
4. **Seal** the biohazard bag; **Place** it into the specimen collection kit box, and close the box.