

# Step 3:

## Ship the specimen to the lab

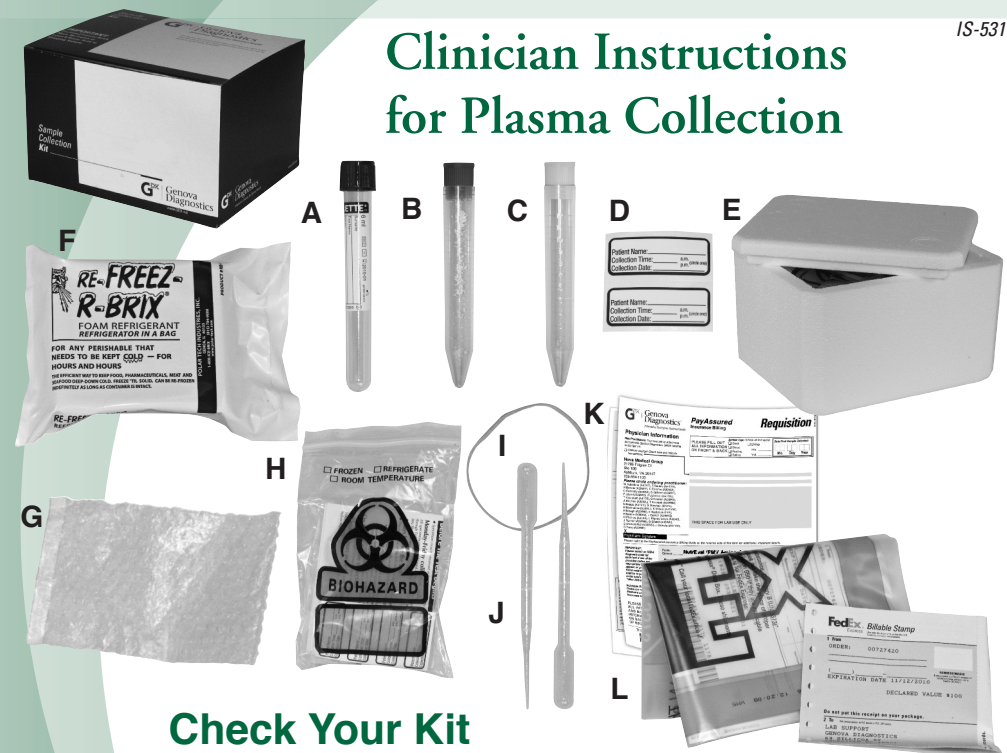
Specimen must be returned in the Genova Diagnostics kit box for correct delivery to the lab. Not following these instructions may result in a shipping charge.

- Plan to ship the specimen Monday – Friday overnight delivery.
- Call 1.800.GoFedEx (1.800.463.3339) to schedule shipping. When the automated system asks “How may I help you?” say “Return a Package”. Tell the FedEx representative “I am using a billable stamp” and they will walk you through the process and make it easy.
- **Make sure the tubes are tightly closed and identified** with completed labels. Seal the tubes in the bubble wrap bag and put it into the Biohazard bag, and seal it securely.
- **Lay the Biohazard bag with specimen on top of the freezer brick** in the foam box. Secure the foam box lid with the rubber band.
- **Slide the foam box back inside the kit box**, and place the **completed and signed requisition** on top before closing. *Do not staple or tape the box.*
- **Print your name and address** in the section marked “From” on the prepaid shipping envelope label. **DO NOT** mark or write in any other sections.
- Put the kit box into the envelope and seal the envelope.
- Keep your shipment and tracking numbers for future reference and tracking purposes.

# Amino Acids Analysis, Plasma

IS-531

## Clinician Instructions for Plasma Collection



### Check Your Kit

- A - 1 Na Heparin blue-top tube
- B - 1 Blue-top preservative tube
- C - 1 Yellow-top transfer tube
- D - 2 Labels
- E - 1 Foam insulator box
- F - 1 Freezer brick
- G - 1 Bubblewrap bag
- H - 1 Biohazard bag and absorbent pad
- I - 1 Rubber band
- J - 2 Pipettes
- K - 1 Requisition (to be completed and signed)
- L - 1 Prepaid mailing envelope

- If any items are missing or expired, call Client Services at 800.522.4762 and press “1”.
- Keep the kit box for shipping your specimen to the lab.

# Step 1:

## Important things to know and consider

- Certain medicines may impact test results [e.g. adrenal steroids including corticosteroids, aminoglycoside antibiotics, amphetamines, antihistamines, cephalosporin-C and cephamycins (e.g. Cefoxitin), penicillin or D-penicillamine, and phenothiazine derivatives].
- **4 Days before the test** have the patient discontinue all of the following if medically appropriate: Non-essential medications including acetaminophen and over-the-counter cold remedies; any vitamins, minerals, amino acids, and herbal supplements taken regularly – including enhanced sports drinks, energy drinks, and vitamin waters.
- **24 hrs before the test:** Instruct the patient to avoid eating or drinking any products containing aspartame (Nutra-Sweet, Equal, Spoonful) and monosodium glutamate (MSG), and avoid over-consuming any single food. Otherwise, instruct the patient to eat their usual diet.

## Schedule & Prepare for the blood draw

- **Sample processing** must be completed within 15 minutes after blood draw.
- **Have the patient fast overnight** (at least 12 hours) prior to the blood draw.
- **Contact FedEx and schedule to ship the specimen overnight delivery** Monday - Friday. *Sample must be received within 5 days of collection. Specimen MUST be completely frozen before shipping.*
- **Freeze the enclosed freezer brick** a minimum of 8 hours before shipping.
- **Complete the Requisition Form** with all patient and billing information. Be sure it is signed by the Patient/Responsible Party and the healthcare provider.

# Step 2:

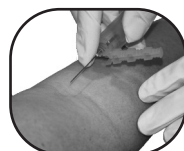
## Blood Draw & Specimen Preparation

Not following these instructions may affect the test results.

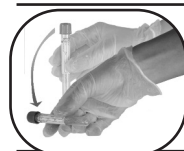
**CAUTIONS:** Do not spill, inhale, or ingest the white powder preservative. If the dust should get into your eyes or on your skin, flush with water for at least 15 minutes.



- 1 Write the patient's full name and the time and date** of collection on each label. Attach a label to both the blue-top preservative tube and the yellow-top transfer tube.



- 2 Draw blood** to fill the Na Heparin blue-top tube.



- 3 Mix the blood sample** thoroughly by gently inverting the tube 5-10 times.



- 4 Centrifuge the sample for 15 minutes** at 3000 rpm. *If the sample is visibly hemolyzed, a new sample must be collected.*



- 5 Transfer at least 2-ml plasma** to the blue-top preservative tube. Avoid transferring red cells.



- 6 IMMEDIATELY shake the preservative tube** very hard for at least 10-20 seconds. The sample should turn chunky and white as you mix.



- 7 Centrifuge the preserved tube for 5 minutes** at 2500 rpm. For a tabletop centrifuge, spin for an additional 3-5 minutes. If specimen is cloudy or yellow, shake the sample again very hard and spin until clear.



- 8 Carefully transfer the clear supernatant** into the yellow-top transfer tube, filling to the line shown on the tube (about 0.5-0.75 ml). Discard tube with white precipitate.

- 9 Place the yellow-top transfer tube into the bubblewrap bag. Freeze sample immediately.** Keep sample completely frozen until ready to ship.

- 10 Complete the Requisition:** Enter date in box labeled "Date Final Sample Collected".