

Test Kit Instructions

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Red Cell Elements Profile [NUT7] Blood Sample Instructions

This sample is a referral from Viva Health Laboratories to Doctor's Data Inc.

Please find enclosed a kit for your Red Cell Elements Profile which includes all necessary sample tubes.

IMPORTANT NOTE

Due to the stability of this test type, the sample has specific preparation requirements immediately after collection. Please check with your phlebotomy clinic / doctor / nurse that they have access to an on-site **centrifuge**. If you are unable to find a suitable collection clinic, contact your practitioner for advice.

Instructions

Please read these instructions thoroughly before a sample is collected, and ensure you have all the correct kit contents as listed below.

The test requires no special dietary preparation but it is recommended that the blood be drawn before breakfast after an overnight fast. Other collection times can cause deviations in patient results. Please refrain from taking dietary supplements that contain minerals for 72 hours prior to the specimen collection, unless otherwise instructed by your practitioner.

Kit contents

- 2 x Navy-top EDTA blood collection tube
- 1 x Plastic transfer pipette
- Protective postal carrier for blood tubes
- 1 x Test Request form
- 1 x Small Clear Sample Bag
- 1 x Grey Return Postal Bag

Phlebotomy appointment

Bring all kit contents with you to the appointment, as you will be posting your sample back to the laboratory on the day of collection.

On the day of collection

Please give these instructions to your phlebotomist.

Tubes: 2 x Navy top EDTA tubes
Processing: Hard Spin - must remove all plasma including buffy coat leaving only the red cells
Rejection: < 1 mL packed Red Blood Cells per tube
Shipping/Stability: Can be stored at room temperature prior to shipping

1. Label both navy top tubes clearly with the following details:

- Full name
- Date of birth
- Home post code
- Sample collection date

Please note: The test cannot be performed without these patient identifiers on the tube.

2. Ensure the **Blood Sample Details** on the sample request form are completed by the clinician/phlebotomist including the following:
 - Name of clinician/phlebotomist
 - Sample collection date
 - Number of each sample container provided
3. Draw the blood into both navy top tubes and invert 10 times to mix.
4. Centrifuge specimen within 30 minutes of collection for at least 15 minutes at 3,000 rpm.

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5. Carefully remove tubes once centrifuge comes to a complete stop.
6. Using the disposable pipette supplied, remove and discard all the plasma including the white buffy layer, leaving only the red cells.
7. Recap the tubes with the original navy caps.
8. Place the two navy capped tubes into the protective postal carrier and place this in the zip-lock bag with the test request form.

Posting the sample

1. Place the bag into the cardboard box, ensuring it is sealed correctly.
2. Place the box into the grey clear postal bag with the return label and seal.

IMPORTANT NOTE

Samples should be posted on the day of collection to ensure next working day delivery. Avoid posting samples on Friday-Sunday as there may be weekend delays.

We cannot process samples without all patient details included above. These MUST match the sample request form received with this sample. If you have any further questions, please do not hesitate to contact us using the details in the header of this letter.