

Test Kit Instructions

New Lodge, Drift Road, Windsor, SL4 4RR Tel: +44(0)330 088 3030
Email: info@vivahealthlaboratories.com Website: vivahealthlabs.com

Serum Osteocalcin Sample Preparation Instructions [OSTC]

Please find enclosed a kit for your blood tests which includes all necessary components

IMPORTANT NOTE

The sample for an osteocalcin test has to be centrifuged and the serum separated and frozen promptly. 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. The sample must be submitted to the laboratory frozen (not by post)

Instructions

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

- Ensure that all blood collection tubes have not passed the expiry dates shown on their labels.

Kit contents

- 1 x Yellow-top SST blood collection tube
- 1 x Plastic transfer pipette
- 1 x Clear-capped transfer tube
- 1 x Test Request Form
- 1 x Small Clear Sample Bag

Phlebotomist Instructions

Tubes: 1 x Yellow SST tube

Processing: Pipette serum into empty clear vial

Rejection: < 2 mL, haemolysis

Shipping/Stability: Separated serum should be promptly frozen and shipped frozen

1. Label the white-capped tube clearly using the enclosed tube label:
 - Full name
 - Date of birth
 - Home post code
 - Sample collection date
 - "Serum" written on label/tube

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 the Yellow SST tube and gently invert 10 times to mix. Let the sample stand for 15 minutes to clot.
4. Centrifuge specimen for 20 minutes at 3,000 rpm (if you have other blood samples collected into a yellow-capped Vacutainer tube, you can use one of these as a balance for the osteocalcin tube – we will be able to use the serum).
5. Carefully remove tube once centrifuge comes to a complete stop.
6. Using the disposable pipette supplied, pipette serum from the yellow-capped tube into the clear capped transfer vial (if any red cells can be seen in the pipette the sample should be centrifuged again).
7. 2 mL is the minimum amount of serum required.
8. The yellow top tube containing only the clot can now be safely discarded (or returned to VHL for disposal).
9. Freeze the separated serum immediately and ensure it's fully frozen before handing to a courier.

Returning the sample

1. Place the clear capped transfer tube into the zip-lock bag with the test request form
2. Place the bag into the cardboard box with any other samples ensuring it is sealed securely.

IMPORTANT NOTE

Samples must be returned by courier ensuring that it remains frozen in transit.

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.