

# Collection & Shipping Instructions

## Complete CSS Requisition Form

- Complete CSS Requisition Form
- **IMPORTANT: Specimens must be shipped the *SAME DAY* blood is drawn. Failure to do so may result in sample rejection.**
- See requisition form for required number of tubes per test

## Collect Blood Sample



- Collect appropriate number of tubes filled to capacity.
- Invert 6-10 times; Do Not Shake!
- **FILL TUBE TO CAPACITY (5ml is to capacity, 3ml minimum)**
- For MethylDetox and Homocysteine tests, gold top tube must be centrifuged for 15 minutes at 2200-3000 RPM within 1 HR

## Label Tubes



- Label tubes with patient NAME, TIME and DATE of collection
- **TUBES MUST BE CLEARLY LABELED**

## Packaging Instructions



1. Place tubes in foam sleeve



2. Place foam sleeve into biohazard bag



3. Place requisition form into rear pouch of biohazard bag and seal



4. Place biohazard bag into silver insulated bag then pack into box

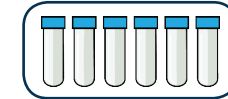
## Shipping Instructions

UPS 1.800.823.7459  
FedEx 1.800.463.3339

1. Place insulated bag into the box provided (If temperature exceeds 78°F use frozen ice packs)
2. Place box into pre-paid UPS or FedEx Laboratory Pak and seal (Up to four test kits may be shipped in one Laboratory Pak)
3. Call your shipping carrier & schedule a same day pick-up/drop-off. (Please, no drop box)

**\*DO NOT DISPOSE OF NEEDLES IN TEST KIT**

## Alcat Tests

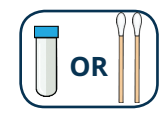


Up to six tubes (5ml per tube)  
Refer to the requisition form for tube count based on the test panel ordered

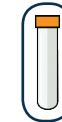
### CICA: Full Array



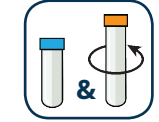
### CICA: Genetic Only



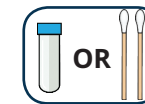
### CICA: Serologic / Antibody



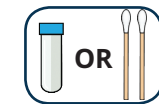
### MethylDetox (MD)



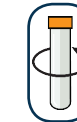
### MD - Genetic Only



### MD - Individual Genes



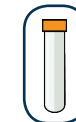
### Homocysteine



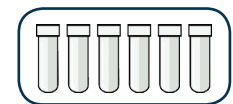
### Telomere Length



### Vitamin D



### Adrenal Stress



### Legend

\*Tubes must be filled to capacity



\*Blue top 3.8% sodium citrate tube



\*Gold top serum separator tube



Buccal swab



\*Gold top serum separator tube that **MUST** be spun within one hour



Clear top test tube for saliva collection

## TIPS FOR PROPER COLLECTION & SHIPPING

### DON'TS

- **DO NOT** - Draw blood on Sundays
- **DO NOT** - Freeze or refrigerate blood
- **DO NOT** - Shake the tubes
- **DO NOT** - Dispose of used needles in test kit

### Important - MethylDetox and Homocysteine ONLY

To ensure an accurate homocysteine reading, the gold top tubes:

1. Should be gently inverted 5 times
2. Allow blood to clot of at least 30 minutes in a vertical position
3. Centrifuge for 15 minutes at 2200-3000 rpm within 1 hour of draw

\*If only testing for homocysteine, the blue top tube is not needed

### DO'S

- Draw blood Monday - Saturday  
Drawing blood Monday - Thursday recommended
- Ship specimens the SAME DAY blood is drawn
- Fill tubes to capacity  
Failure to do so may result in specimen rejection
- Immediately invert blue top tubes 6-10 times.  
Do not shake
- Label tubes with:  
Patient NAME  
TIME of Collection (HH:MM)  
DATE of Collection (MM:DD:YY)
- Include frozen ice packs when temperature is 78°F or higher

## IMPORTANT MEDICATION INFORMATION

It is not necessary to postpone testing if, despite medication use, inflammatory symptoms persist. However, to the extent medication can be reduced prior to testing, the patient should do so, as anti-inflammatory medications may have an effect on test results.

Anti-rejection therapy may reduce test sensitivity.

Note: Medications or supplements

- If early AM draw, take medications or supplements directly after blood draw
- DO NOT take any medications 3 to 4 hours before blood draw.

**PLEASE CONSULT WITH YOUR PHYSICIAN BEFORE STOPPING OR REDUCING ANY MEDICATIONS.**