

Shipping Instructions

Shipping

You will find a DHL Medical Express shipping label enclosed in your kit with a DHL bag with UN3373 Biological substance Category B diamond on it. If either of these shipping components are missing do not book your blood draw until you have contacted customer services on 0203 750 0870.

Once you have a blood draw appointment booked you will need to contact DHL to arrange a collection the same day as the blood draw.

Please call DHL UK +44 844 248 0844 to arrange your collection.

Lab 4 More Blood collection Instructions



These instructions are for use from within the UK only. Read all instructions fully.

THIS TEST MUST BE COMPLETED WITHIN 2 MONTHS OF ORDERING.

Please keep the box provided to return your sample in.

Contents
Blood Vials as per requisition
1 x Saliva vial
Clear Zip Lock Back
1 x DHL return label to Germany
1 x Requisition form
1 x security seal
1 x DHL shipping bag

If you are missing any elements from your kit please contact customer service on 0203 750 0870.

You can find a blood draw location from our website, regeneruslabs.com, or choose one of your own.

Blood Draw/phlebotomy Instructions

The minimum sample required is 5ml per vial. All gold / yellow top vials **MUST** be centrifuged and decanted into the aliquot tubes, failure to do so will mean the rejection of your samples. All other tubes are to just be collected unless otherwise requested on the requisition form.

Draw blood into the tubes provided. Invert each tube 8-10 times after the completion of the draw.

For any Gold SST samples, stand for 15 minutes before centrifuging.

Place in a centrifuge for 12-15 minutes at 3000 rpm until serum is separated.

Extract the separated serum only, from the Gold Top tube using the pipette provided and decant it into the small clear aliquot tube.

Saliva Collection Instructions

Day Preparation

- Wash your mouth out with clean water
- No food or fluids 30 minutes prior to collection
- Do not use any creams, lotions, or steroid inhalers immediately prior to collection
- Avoid any activity that can cause gum bleeding, including brushing and flossing your teeth.

Collection

Spit into the collection tube up to the top line marked 4.

Allow the saliva bubble to settle and top up as necessary.

Labelling

- Please ensure you use the attached patient identifier labels on the sample tubes and add the date of collection.
- Make certain your requisition form is completed and that the name matches exactly the tubes of your blood samples.

Packing

- Place all completed and labelled tubes into the biohazard bag and seal.
- Place bag into return shipping box (same box as kit arrived in) with completed paperwork.
- Seal box with the security seal provided.
- This specimen is ready for shipping and must be dispatched the same day as collection, to arrive at Lab4More Monday to Thursday only.

For assistance call 0203 750 0870

When?:

Your blood draw should be booked for Monday to Wednesday before 11am only. This is to ensure there is sufficient time for the courier to deliver the sample to the lab in Germany. Any other blood draw times and your sample may be rejected as too old.