

## Shipping Instructions

### Shipping

You will have a pre-paid Royal Mail 1st class Label included in your kit. Please place the label on the outside of your shipping box, and either place in a Post box or take to a Crown Post Office or Royal mail Post Office. The shipping address is direct to the analysing lab at:

Medical Diagnosis Regenerus) Laboratories  
Unit 12 Central Business Centre  
Iron Bridge Close  
Great Central Way  
London  
NW10 0UR

**DO NOT RETURN TO REGENERUS  
LABS REDHILL, SURREY.**

## Blood test Instructions

regenerus labs



ENCLOSED: CHECK THE BELOW CONTENTS

**PLEASE NOTE THIS IS NOT A FASTING TEST**

Keep the box provided to return your sample in.

BLOOD DRAW SHOULD ONLY BE BOOKED FOR MONDAY –  
THURSDAY MORNINGS

BP03/04/05/12/14/18	
Gold Top SST 2xTube	
Small Aliquot Tube	
Return Shipping Label	
Return Box	

## Patient Information

**When?:** Book your blood to be drawn and collected Monday to Thursday only ensuring the next day is not a bank holiday or weekend in the UK.

### Preparation

- For all panels, no fasting is required
- Do not stop any medications or supplements without checking with your health care professional beforehand.

**Where?** You can choose any location you like to collect your blood, but some may NOT have a centrifuge (see blood draw requirements opposite) on site. For partner sites that can help visit [www.regeneruslabs.com](http://www.regeneruslabs.com).

See shipping instructions overleaf

## Blood Draw

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Please follow draw instructions below and invert each tube 8-10 times after completion of draw.

Ensure each vial is labelled with the patient name, date of birth and date of collection. Failure to label the vials correctly may result in a sample rejection.

For all panels (BP03/04/05/12/14/18) draw 2 x Gold Top SST tubes. This can now be sent.

- No Centrifugation is required, but IF it is possible, but not essential, it is preferred to be centrifuged at the time of draw.

-However, if it is not being centrifuged at the time of the draw, then it must be in the analysing lab within 24 hours.

-For Gold SST samples, stand for 15 minutes, centrifuge until serum sample is separated. ( 10 Min Swing Arm or 15 Min Fixed – type of centrifuge). For one Gold Top tube only remove the serum and pour off into the Aliquot tube.

- Sign and date requisition form

## Packing

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- Place all completed and labelled tubes into hazard bag and seal.
- Place bag into return shipping box with completed paperwork.
- Seal with security strip.
- This specimen is ready for shipping and must be dispatched same day.

For assistance call 0203 750 0870

## Phlebotomist Instruction