

## Blood test Instructions

regenerus labs



Enclosed: Check panel code against the following table to see what's included  
Keep the box provided to return your sample in.

BP03/04/05/12/14/18	BP006/7/8/9/11/13/15/16
Gold Top SST 2xTube	Gold Top SST 2xTube
	Grey Top Tube
	Purple Top EDTA Tube
	Light Blue Citrate Tube
Small Aliquot Tube	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 BP003/04/05/12/14/16 & 18 No fasting is required.
- For all other panels, fast for 12 hours before your blood test
- 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 require a "centrifuge" (see blood draw requirements opposite and below) on site as part of the blood separation process for partner sites that can help visit [www.regeneruslabs.com](http://www.regeneruslabs.com).

**\*\*Blood Panels BP003/04/05/12/14 & 18 do require centrifugation, at the time of the draw if possible, however, if it cannot be centrifuged at the time, the sample must be received in the lab within 24 hours.**

See shipping instructions overleaf

## Phlebotomist Instruction

### Blood Draw

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

For BP003/04/05/12/14 & 18 only, draw 2 x Gold Top SST tubes. This is now ready to send. No Centrifugation is required, but it is preferred at the time of draw. If possible.

- For all other panels (BP006/7/8/9/11/13/15/16) draw 1 x Light Blue, then 2 x Gold Top SST tubes, then 1 x Purple, then 1 x Grey Top.

For Gold SST samples, (all tests) stand for 15 minutes before centrifuging until serum sample is separated. (10 Min Swing Arm or 15 Min Fixed). For one Gold Top tube only remove the serum and pour off into the Aliquot tube.

- Sign and date requisition form

### Packing

- 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 your convenience, please find enclosed a **Pre-Paid Shipping label**. Please attach to the outside of the shipping box.

For assistance call 0203 750 0870