

## PD00 1/2 Blood Test Instructions

Please read the following instructions in full before commencing the test. If anything is missing or you are uncertain then please contact us for help.

### Your Test Collection Kit Contains

- 1 x Cold Pack
- 1 x Requisition form
- 1 x Biohazard bag with gauze
- 1 x Silver insulated envelope
- 1 x UPS shipping label (UK only)
- 1 x Transfer Pipette
- 1 x Small clear Aliquot Transfer Tube
- 2 x Gold Top Serum Separator 6ml Tube

## Preparation

Steroids should be discontinued 72 hours before testing.

**Only** ship samples Monday to Wednesday.

Freeze the cold pack 4-6 hours minimum before blood draw.

PreBook a courier collection if needed 24 hours before blood draw.

### Specimen Collection – with Centrifuge

# Collect the blood in the two “Gold top” SST tubes provided.

# Invert both SST tubes gently 6 times, allow to clot for 30-45 minutes

# Centrifuge sample for 15-20 minutes at 3500rpm until clear separation.

# Transfer Serum only with pipette to aliquot transfer tube.

# Label transfer tube with first name, last name, date of birth, date of collection or preprinted vial labels provided.

#Store in Refrigerator until ready to ship. - **Do not freeze.**

### Specimen Collection – **without** Centrifuge

# Arrange a morning blood draw only.

# Collect the blood in the two “Gold top” SST tubes provided.

# Invert both SST tubes gently 6 times.

# Label both tube with first name, last name, date of birth, date of collection.

# Ship straight away.

## Return Instructions within the UK

- 1) Ensure the specimen tubes are labelled correctly.
- 2) Place the tubes inside the Bio-Hazard bag with gauze and seal.
- 3) Complete the test requisition form, fold and place in the outer pocket of the bio-hazard bag.
- 4) Place the bio-hazard bag into the silver insulated envelope.
- 5) Place the frozen cold pack inside the silver insulated envelope.
- 6) Seal the envelope and place inside the kit box.
- 7) Place the kit box inside the mailing bag.
- 8) Attach UPS courier label to the outside of the bag.
- 9) Take package to UPS drop off point or hand to courier.

## Return Instructions outside the UK

- 1) Follow instructions as above.
- 2) Pre Request – Courier Label from Regenerus Labs two working days before blood draw.
- 3) Place provided Waybill in the outer pocket of the international courier shipping bag.
- 4) Take package to DHL drop off point or hand to courier