

Shipping and posting information:

Regenerus Laboratories Limited

Tel: +44 (0) 203 750 0870

Because of overseas shipping requirements, we do not receive samples on Weekends or Bank Holidays Please ensure your samples are received by us no later than Friday 3pm.

You may choose to send this specimen via the Royal Mail if required. Only send "special delivery 1pm service".

*For health and safety reasons, you must use all the packaging enclosed and seal each bag correctly before returning your samples.
Regenerus Laboratories reserves the right to dispose of any sample received which does not meet this criteria.*

Optional Service to return your samples in the UK via UPS

Enclosed you will find a return shipping label for our UPS courier service. Should you choose to use this service then you will be charged accordingly, details of which are separately enclosed.

Within the UK, UPS offer 3000 convenient drop off locations, this service means no waiting for couriers to arrive, we suggest you visit the UPS website at www.ups.com/dropoff. Alternatively the UPS home /office collection service normally offer a 4 hour collection window. Please see the enclosed shipping information sheet.

Track the status of your shipment by copy the tracking number on your shipping label and track its progress using the UPS website.

Regenerus Laboratories do not keep records of your tracking number.

CMI40 - Doctors Data Metabolomic profile

Before You Start:

Please read all of the directions including shipping instructions before you commence with the collection procedures.

The test requires no special diet but it is recommended that the blood be drawn before breakfast after an overnight fast (6hrs-9hrs). Other collection times can cause deviation in patient results. Please refrain from taking non-essential medications and dietary supplements for 24 hours prior to the specimen collection. Never discontinue prescription medications without first consulting your physician.

Phlebotomists:

Tubes: Red-top Serum tube – Serum Gel Separator tube acceptable

Processing: Pipette serum into transfer vial – discard remaining clot tube

Rejection: < 2 mL, hemolysis

Shipping/Stability: Freeze serum and send with frozen gel ice brick

Alternative Tube UK GOLD TOP SST is acceptable

Kit contents

- 1 Red-top blood collection tube for serum
- 1 8mL serum transfer vial with cap
- 1 Plastic transfer pipette
- 1 Zip-lock bag with absorbent material
- 1 Polar gel ice brick
- 1 Polystyrene insulating shell
- 1 Test requisition form
- 1 return shipping bag

Important retain Box and Packing for returning sample.

If you are missing components, please call our customer services team for assistance

Telephone : +44 (0) 203 750 0870

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Company registered in England and Wales

Collection Instructions (fasting morning draw recommended)

- 1) Write the patient's first and last name, date of birth, and the collection date on the blood tube and the serum transfer vial. The test will not be performed without the patient information on the vial.
- 2) Draw blood into the supplied red-top tube.
- 3) Place the tube upright and allow the blood to clot for at least 15 minutes.
- 4) Within 2 hours of collection, centrifuge the red-top tube for 15 minutes.
- 5) After centrifuging, use the transfer pipette to transfer the serum (top layer) to the 8mL transfer vial. A minimum of 2mL is recommended for analysis.
- 6) Discard the red-top blood tube and transfer pipette.
- 7) Place the transfer vial into the zip-lock bag with absorbent material and seal. Place the zip-lock bag and the gel ice brick into a **freezer for at least 6 hours**.
- 8) After a minimum of 6 hours, retrieve the zip-lock bag containing the serum and the Polar gel ice brix. Place both into the Polystyrene shell and seal. Place the Polystyrene into the cardboard shipping box.
- 9) Fill out the test requisition form completely and sign it with payment if required.

The test cannot be performed without a properly filled out requisition.
Place the completed requisition form in the cardboard shipping box.
The specimen is now ready for shipment

For best results, ship specimens as soon as possible.
If you cannot ship the specimen on the same day you finish the collection, such as over a weekend or holiday, then keep the transfer vial and the gel ice brick in a freezer until you are ready to ship the test collection kit.

Consult your physician if you have any questions during the test collection process.