

Serum Collection Instructions for Celiac & Gluten Sensitivity, Thyroid, Vitamin D, and Zonulin Protein

CMI38 / IMM11B

Before You Start:

Please read all of the directions and familiarize yourself with the collection procedures. Fasting is not required for these tests. It is generally recommended to refrain from taking non-essential medications and dietary supplements for 72 hours prior to the specimen collection unless otherwise instructed by your physician.

Celiac/Gluten testing should not be performed on patients currently on a gluten-free diet, unless used to monitor long-term compliance, or as otherwise directed by your physician. Never discontinue prescription medications without consulting your physician

Verify Kit Contents:

- 1 Red-top blood / gold topped SST collection tube for serum
- 1 8mL serum transfer vial with cap
- 1 Plastic transfer pipette
- 1 Zip-lock bag with absorbent material
- 1 Polar Pack gel pack
- 1 Pre-paid Return Shipping Label

If you are missing kit components, please call Regenerus Laboratories Customer Service department for assistance. Save the cardboard collection kit box to ship your samples back to the laboratory.

Collection Instructions

- 1) Write the patient's name, date of birth, and the collection date on the blood tube label and serum transfer vial.
- 2) Draw blood into the supplied red-top tube / gold SST.
- 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 / gold SST 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 / gold SST blood tube and transfer pipette.
- 7) Place the transfer vial and the Polar Pak into the zip-lock bag with absorbent material and seal. Place the zip-lock bag 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 Pak. Place the zip-lock bag into the cardboard shipping box.
- 9) Fill out the test requisition form completely and sign it.

Place the completed requisition form in the cardboard shipping box. The specimen is now ready for shipment.

For best results, Doctor's Data recommends shipping 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, keep the specimen with the gel pack in a freezer until you are ready to ship.

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

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 Midday.

Keep your sample Frozen along with the Cold pack until the day if sending. 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.

For your convenience, we have enclosed a pre-paid return shipping label. Please stick this label to the front of your sealed shipping bag or package, and pop it along to the local post box/office.

Regenerus Laboratories do not keep records of your tracking number.

Should you need any assistance, please call +44 (0) 203 750 0870, or email info@regeneruslabs.com

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