

# BLOOD DRAW / HANDLING INSTRUCTIONS



## 1) COLLECT BLOOD SAMPLE:

|  |  |
|--|--|
|  | <p><b>COMPLETE</b> Requisition Form</p>  |
| <p>Required tubes/quantity, see reverse side</p>   | <p><b>Blood draw: Please be sure to fill tubes to capacity!*</b></p> <ul style="list-style-type: none"> <li>▶ Collect appropriate number of tubes</li> </ul>   |
| <p>Blue Top - Invert <u>3-4 times</u> / Gold Top - Invert <u>5 times</u> (not shaking)</p> | <p><b>Immediately INVERT GENTLY</b></p> <ul style="list-style-type: none"> <li>▶ Blue Top - Invert 3-4 times / Gold Top - Invert 5 times (not shaking)</li> </ul> <p>(For <b>Homocysteine</b> test, <b>gold tube must be centrifuged</b> for 15 minutes at 2200 – 3000 RPM within 1 HR.)</p> |
| <p>Tubes <b>MUST</b> be labelled correctly</p>   | <p><b>LABEL VIALS</b><br/>with patient's <b>FULL NAME, DATE OF BIRTH (DOB), and DATE and TIME</b> of collection</p>  |

CSS is a CLIA licensed laboratory. Please complete requisition form entirely. Remember to obtain necessary signatures.

**\*\*\* It's important to label tubes and fill tubes to capacity. Any tubes received with less than 3 mL may require recollection.\*\*\***

## 2) PACKAGE CORRECTLY (follow biohazard protocol)

|   |  |
|---|--|
|   | <ul style="list-style-type: none"> <li>▶ Place TUBES in SLEEVE ▶ Place sleeve in BIOHAZARD bag</li> </ul>  |
| <p>Completed REQUISITION form into rear pouch</p> | <ul style="list-style-type: none"> <li>▶ Place REQUISITION FORM into REAR POUCH of biohazard bag and SEAL</li> </ul>   |
|   | <ul style="list-style-type: none"> <li>▶ Place biohazard bag into silver INSULATED BAG ▶ then pack into CSS /ALCAT BOX</li> </ul> <p>*** Do NOT use a FedEx drop box ***</p> |
|   | <ul style="list-style-type: none"> <li>▶ Place CSS /Alcat BOX <b>INSIDE</b> ▶ the FedEx bag</li> <li>In case of extreme summer temperature use frozen ice packs</li> </ul>   |

**→ GREEN SAVINGS:**  
1-3 test kits may be shipped in one Laboratory Pak

**\*\*\* PLEASE DO NOT DISPOSE NEEDLES IN TEST KIT / FOLLOW BIOHAZARD PROTOCOL \*\*\***



## 3) Schedule SAME DAY PICK UP - Shipping carrier is pre-paid

|  |  |
|--|--|
|  | <p>Call Shipping carrier &amp; schedule same day collection</p> <p><b>FedEx 1.800.463.3339</b></p> |
|--|--|

Customer Service is here to help with any questions: 800-872-5228 ext. 808

# SAMPLE COLLECTION GUIDE

## Test Tube Legend - \*Tubes must be filled to capacity



Blue top 3.8% sodium citrate tube



Gold top serum separator tube



Buccal swab

## ALCAT TEST (food & chemical sensitivity)

### Test Profiles vary

Blood Collection (Whole Blood); requires immediate shipment

Up to 100 items: **1**



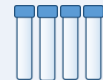
100-200 items: **2**



200-300 items: **3**



Over 300 items: **4**



## CNA (Cellular Nutrition Assays)

### Full Array (CNA, Redox/APA)

Blood Collection: Whole Blood (requires immediate shipment)



Individual CNA Test Options:  
CMA only; Redox/APA only

each



## METHYL DETOX PROFILE

Blood Collection: (blue tube or swab)



### Individual test options:

Methyl Detox individual gene(s)



Homocysteine (add on)

! To ensure an accurate homocysteine reading, the gold top (serum) tubes:



- 1) Should be gently inverted 5 times
- 2) Allow blood to clot at least 30 minutes in a vertical position
- 3) Centrifuge for 15 minutes at 2200-3000rpm within 1 hour of draw

## CICA /Celiac, IBS, & Crohn's Array

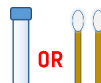
### (Genetic + Serologic)

Blood Collection: (blue tube requires immediate shipment)



### Individual test options:

CICA genetic stand-alone



CICA Antibodies stand-alone



## TELOMERE LENGTH

Blood Collection: (blue tube requires immediate shipment)



## Important MEDICATION Information

It is not necessary to postpone testing if, despite medication use, inflammatory symptoms persist. However, to the extent medication can be reduced prior to testing, the patient should do so, as anti-inflammatory medications may have an effect on test results.

Anti-rejection therapy may reduce test sensitivity.

Note: Medications or supplements:

- If early AM draw, take medications or supplements directly AFTER blood draw
- If possible, DO NOT take any medications 3 to 4 hours before blood draw

! Please **consult with your physician** before stopping or reducing any medications

## Draw Blood from Monday - Sunday

- Ship specimen the same day with prepaid shipping label
- If blood was drawn in the **late afternoon/evening or on Sunday**, ship early AM the next day. If left overnight please store at room temperature (do NOT refrigerate!)
- In case of extreme summer temperature it is advisable to use the frozen ice packs

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