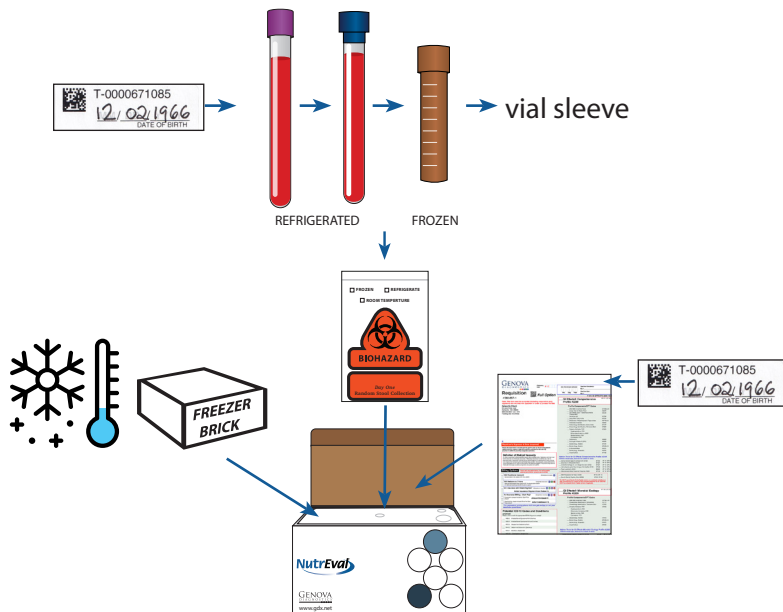## FINAL PREP AND SHIPPING

1. **Place biohazard bag with blood tubes, frozen freezer brick,** and absorbent material in foam insulator box inside the outer collection box.
2. *Make sure patient urine and cheek swab collections (if ordered) are included*

RETURN CHECKLIST

- **All tubes with peel** and **stick labels** with **patient's date of birth**
- **FROZEN AMBER TRANSFER TUBE**
- **REFRIGERATED EDTA LAVENDER-TOP TUBE**
- **REFRIGERATED NA-EDTA BLUE-TOP, K2-EDTA BLUE-TOP, OR NA HEPARIN TUBE**
- **TEST REQUISITION**
- All frozen urine tubes Inside biohazard bag with absorbent pads
- Cheek swabs (if ordered)
- All materials and frozen freezer brick Inside Genova Box

SHIP THE SPECIMEN(S) TO THE LAB

Specimen(s) must be returned in the Genova Diagnostics box.
Please refer to the shipping instruction insert found in your collection box.

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NutrEval®
Clinician Collection Instructions
For Test **#3000**

Test prep, FAQs, and the collection video can be found at **www.gdx.net/nutrevalprep** or **scan the QR Code**.
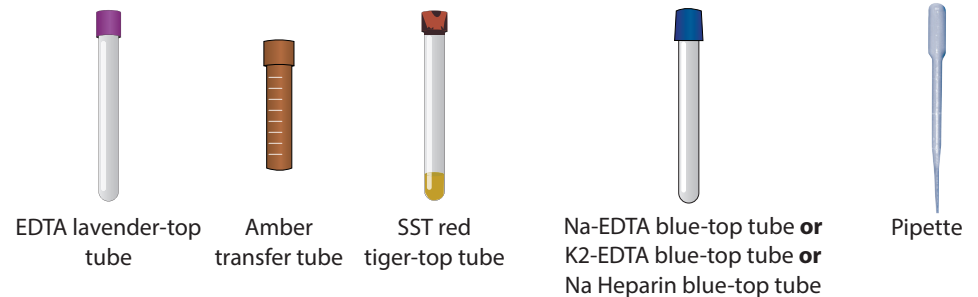
Shipping Notice:
Finish collection and ship **Monday through Friday**.
US holidays can affect shipping times.

COLLECTION MATERIALS - KEEP OUTER BOX FOR SHIPPING TO LAB

CLINICIAN BLOOD DRAW COLLECTION

| EDTA lavender-top tube | Amber transfer tube | SST red tiger-top tube | Na-EDTA blue-top tube **or** K2-EDTA blue-top tube **or** Na Heparin blue-top tube | Pipette |

The Na-EDTA blue-top tube, Na Heparin blue-top tube or the K2-EDTA blue-top tube are interchangeable for this specimen collection pack. Please Note: These are trace mineral tubes, not standard tubes.

- FOAM INSULATOR BOX
- FREEZER BRICK
- BIOHAZARD BAGS WITH ABSORBENT MATERIAL
- RUBBER BAND
- TEST REQUISITION FORM
- PEEL AND STICK LABELS
- VIAL SLEEVE
- FEDEX® ENVELOPE
- BILLABLE STAMP

TEST REQUISITION FORM - RETURN WITH SHIPPING BOX

Complete all sections using the **paper form** included   **or**   **online** at www.gdx.net/mygdx **for clinicians**
www/gdx.net/prc **for patients**

Watch the How-to Video at
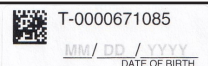www.gdx.net/mygdx or www.gdx.net/prc

Both methods require the **paper form to be returned with the pack.**

PEEL AND STICK COLLECTION LABELS

Fill out all the peel and **stick labels with patient's date of birth (DOB) (mm/dd/yyyy)** and **apply to all the tubes, the swab envelope, and the requisition.** There may be extra labels left over.
Do not write on the tubes.

IMPORTANT PREP BEFORE COLLECTION

- Abnormal kidney function or use of diuretics may influence test results.

MEDICATIONS MAY IMPACT RESULTS

- Discontinuing medications is at the discretion of the physician. Valproic acid, acetaminophen, and berberine HCl can interfere with select analytes.

4 DAYS BEFORE THE TEST:

- Some clinicians choose to discontinue non-essential nutritional supplements to get a "baseline" reading.
- Some clinicians choose to continue nutritional supplementation to assess the efficacy of treatments.

24 HOURS BEFORE THE TEST:

- Patient should eat their usual diet. Avoid over-consuming any single food or extreme diets.
- Fluid intake should be limited to six 8-ounce glasses of fluid.

NIGHT BEFORE THE TEST:

- Patients must fast overnight prior to the blood draw.
- Freeze the enclosed freezer brick a minimum of 8 hours before shipping.

REMIND THE PATIENT:

- All patient's urine tubes must be frozen a minimum of 2 hours prior to blood draw appointment.

For more details, please visit
www.gdx.net/tests/prep

BLOOD COLLECTION
Please collect all tubes in one session.

1 **Label each tube with the patient's date of birth using peel and stick labels.**

2 **Clean** the skin thoroughly with isopropyl alcohol before venipuncture, and use only stainless steel needles

3 **DRAW BLOOD -** Use rubber band if needed

4 **BLOOD PROCESSING:** (Must be completed within 45 minutes after blood collection.)

NA-EDTA, K2-EDTA, OR NA HEPARIN BLUE-TOP TUBE

Gently invert the tube 10-15 times
Refrigerate
RETURN TO LAB

RED SST TIGER-TOP TUBE

Clot for 15 min. while standing in a rack
Centrifuge 15 min. at 3000 RPM
Transfer serum to amber transfer tube
DISCARD

AMBER TRANSFER TUBE

Freeze
RETURN TO LAB

EDTA LAVENDER TOP TUBE

Gently invert 5 times
Do not shake
Refrigerate
RETURN TO LAB