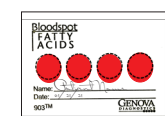


## FINAL PREP AND SHIPPING

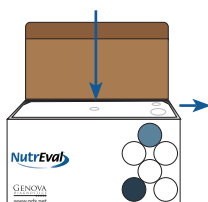
1. Place **bloodspot card** into the **plastic bag** with the **desiccant pack** inside the outer collection box.

## RETURN CHECKLIST

- **BLOOD SPOT CARD**
- **TEST REQUISITION**
- All materials including urine tubes, swab envelope (if ordered) and freezer brick inside Genova box



plastic bag with  
desiccant pack



# Metabolomix+ Patient Collection Instructions

## BAG ONE

Used for Metabolomix+ #3200,  
Add -on Bloodspot Essential & Metabolic Fatty Acids #3202

Test prep, FAQs, and the collection video can be found at  
[www.gdx.net/metaprep](http://www.gdx.net/metaprep) or scan the QR code.



### Shipping Notice:

Finish collection and ship **Monday through Friday**.

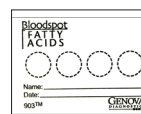
US holidays can affect shipping times.

## COLLECTION MATERIALS - KEEP OUTER BOX FOR SHIPPING TO LAB

### PATIENT BLOOD SPOT COLLECTION



Lancets (2)



Bloodspot card

- |                          |                         |                   |
|--------------------------|-------------------------|-------------------|
| • ALCOHOL PREP PADS (2)  | • FREEZER BRICK         | • VIAL SLEEVE     |
| • ADHESIVE BANDAGE       | • BIOHAZARD BAGS WITH   | • FEDEX® ENVELOPE |
| • RESEALABLE PLASTIC BAG | ABSORBENT MATERIAL      | • BILLABLE STAMP  |
| WITH DESICCANT/MOISTURE  | • RUBBER BAND           |                   |
| ABSORBENT PACK           | • TEST REQUISITION FORM |                   |
| • FOAM INSULATOR BOX     | • PEEL AND STICK LABELS |                   |

## TEST REQUISITION FORM - RETURN WITH SHIPPING BOX

**Complete all sections** using the **paper form** included **or** **online** at [www.gdx.net/mygdx](http://www.gdx.net/mygdx) for clinicians  
[www.gdx.net/prc](http://www.gdx.net/prc) for patients



Watch the **How-to Video** at  
[www.gdx.net/mygdx](http://www.gdx.net/mygdx) or [www.gdx.net/prc](http://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 **ONLY** your 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.**



## NIGHT BEFORE THE TEST

Patients **must fast overnight** prior to collecting the bloodspot.

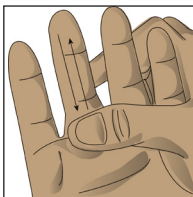
## BLOODSPOT COLLECTION

1. Write **first and last name** and **date of collection** on the blood spot card.

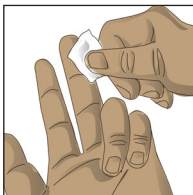
2. **Wash** hands with warm water for a minimum of 20 seconds.  
**Dry** hands.

3. **To improve circulation;**

- **Hold** your hand lower than heart level and **gently massage** the entire length the middle finger for 30 seconds.
- Firmly **grasp** the top knuckle of the middle finger for a few seconds to restrict return circulation.
- **Hang** arm down and **gently shake** your fingers a few seconds to increase blood pools in the finger.

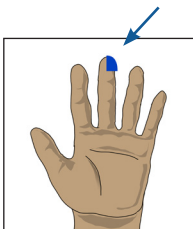


4. **Clean** the tip of your finger with the alcohol pad.

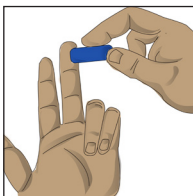


5. **Remove** the clear cover from the lancet. One end of the lancet has a small hole in the center; this will be the end that you press firmly against your finger to engage the lancet.

6. **Locate** the appropriate site on the middle fingertip (see image).

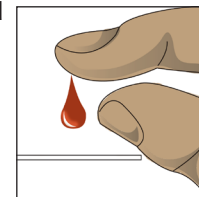


7. **Place** the hole-end of the lancet firmly against your fingertip to **depress** the tip and release the lancet. The lancet will immediately retract safely after depression.



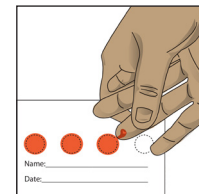
## BLOODSPOT COLLECTION CONTINUED

8. Using your thumb, **gently massage** entire length of the pricked finger to form repeated blood drops. As each drop forms, touch the tip of the drop to a circle on the collection card. **Do not smear. Do NOT touch fingertip to card!!**



7. **Repeat** until blood **has soaked to the border of the circle** on the collection card. **Continue** this procedure for all four circles.

*If you are unable to get enough blood from the first collection, repeat this procedure with a different finger.*



*If necessary, use the absorbent pad to dry the site on your finger after your collection. Use the enclosed adhesive bandage as needed.*

8. **Allow** absorbent collection card to air dry overnight, **approximately 24 hours, before placing in the resealable plastic bag** with desiccant/moisture absorbent pack for shipping. **If the card is not completely dry, your sample may be unusable.**

CONFIRM:	AVOID:
Blood should saturate through both sides of the card	Layering blood on a previously dried spot
Requisition is properly completed and signed	Smearing blood onto the card
Dried card is in zip lock bag with desiccant	Touching the surface of the card with fingers
ACCEPTABLE COLLECTION CARD EXAMPLE	UNACCEPTABLE COLLECTION CARD EXAMPLE: