



US FedEx Shipping Instructions:

1) Place the cardboard kit box containing the specimen and the completed test requisition form into the FedEx Clinical Pak.

2) Write your name and address in the space provided on the prepaid Billable Stamp and tear off the Customer Receipt for your records. Affix the Billable Stamp to the Clinical Pack in the space provided.

3) Call FedEx toll free at **1-800-238-5355** to schedule your pickup. When you hear the automated greeting say "REP". You will then be asked if you are calling to ship a package; reply "YES" to be connected directly to a live FedEx representative. Tell the representative that you need a pickup for a shipment using a prepaid "BILLABLE STAMP" and give your address.

Do not use a drop box. FedEx will not accept specimens placed into a drop box.

Doctor's Data provides prepaid shipping materials for use in shipping specimens from Canada, Ireland, United Kingdom, and the United States. If you are located outside of these countries or choose to use a different courier or level of service than provided, you must make your own shipping arrangements at your own expense.



US & CANADA: 1.800.323.2784 - UK: 0871.218.0052
ELSEWHERE: 1.630.377.8139 - FAX: 1.630.587.7860
3755 Illinois Avenue, St. Charles, IL USA 60174-2420
inquiries@doctorsdata.com - www.doctorsdata.com

Comprehensive Cardiovascular Risk Profile

Before You Start:

Please read all of the directions, and familiarize yourself 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. Other collection times can cause deviations in patient results. Please refrain from taking non-essential medications, and dietary supplements for 24 hours prior to the specimen collection, unless otherwise instructed by your physician. *Never discontinue prescription medications without first consulting your physician.*

Phlebotomists: Use the provided trace element free tube to avoid contamination of the specimen. Use of other tubes may result in falsely elevated results. When drawing multiple tubes, collect the blue top trace element tube last. Hemolyzed serum is not acceptable for analysis.

Verify Kit Contents:

- 1 Test requisition form
- 1 Styrofoam insulating sleeve
- 1 Polar Pack foam freezer brick
- 1 FedEx Clinical Pak with Billable Stamp

Bag marked "Refrigerate":

- 1 Red top serum tube
- 1 EDTA purple top tube
- 1 EDTA blue top trace element tube
- 1 Absorbent material

Bag marked "Freeze":

- 1 Clear serum transfer vial
- 1 Amber plasma transfer vial
- 2 Plastic transfer pipettes
- 1 Absorbent material

- ◆ If you are missing kit components, please call Doctor's Data's Customer Service department for assistance.
- ◆ Save the cardboard collection kit box to ship your samples back to the laboratory.

Collection Instructions (fasting morning draw recommended):

- 1) Draw blood into 1 red top tube, 1 purple top tube, and 1 blue top tube. It is important to draw the blue trace element tube last. Invert the purple and blue top tubes 10 times to mix.
- 2) Allow the red top tube to clot for at least 15 minutes.
- 3) Take the purple top tube and write the patient's name, date of birth, and the collection date on the tube. **The test cannot be performed without the patient information on the tube.** Place the tube in the zip-lock bag labeled "Refrigerate".
- 4) After 15 minutes, centrifuge the red top tube and the blue top tube for 10 minutes. Promptly remove the tubes from the centrifuge.
- 5) **Prepare the red top serum specimen:** Using the transfer pipette, pipette serum from the clot tube into the clear serum transfer vial. Fill the vial to the 3mL line. **Hemolyzed serum is unacceptable.** Discard the remaining tube with blood clot and used pipette.
- 6) Screw the cap on the transfer vial tightly then write the patient's name, date of birth, and the collection date on the vial. **The test cannot be performed without the patient information on the vial.** Place the serum transfer vial into the zip-lock bag labeled "Freeze".
- 7) **Prepare the blue top plasma and RBC specimen:** Using the other pipette, pipette plasma from the blue top tube into the amber plasma transfer vial. Fill the vial to the 3mL line. Do not pipette red blood cells.
- 8) Remove any remaining plasma and buffy coat from the surface of the red blood cells. Removal of the top layer of red blood cells will ensure that the specimen consists of only red blood cells. Discard this layer.
- 9) Screw the cap on the transfer vial tightly and replace the blue rubber stopper on the tube with the remaining red blood cells.
- 10) Write the patient's name, date of birth and collection date on both the transfer vial and the blue top tube. **The test cannot be performed without the patient information on the vial and tube.**

11) Place the amber plasma transfer vial into the zip-lock bag labeled "Freeze". Place the zip-lock bag labeled "Freeze" and the foam freezer brick into a freezer until frozen solid (usually about 6 hours).

12) Place the blue top tube with the red blood cells into the other zip-lock bag labeled "Refrigerate". Store in a refrigerator until ready to ship.

13) In the collection information section of the requisition form (located in the upper right hand corner) fill in the specimen collection date, time, and indicate whether the patient was fasting by checking yes or no. Fill out the remainder of the test requisition form completely and sign it. **The test cannot be performed without a properly filled out requisition.**

14) When ready to ship, retrieve the bag containing the frozen specimens and the foam freezer brick. Place the frozen foam freezer brick into the bottom of the styrofoam insulation shell, then place the zip-lock bag containing the frozen specimens and the zip-lock bag containing the refrigerated specimens on top of the foam brick. Close the shell and place it into the cardboard shipping box.

15) Place the completed requisition form into the cardboard shipping box. The specimens are now ready for shipment.

To obtain the best results, Doctor's Data recommends shipping specimens as soon as possible. If you cannot ship the specimens on the same day you finish the collection, such as over a weekend or holiday, keep the transfer vials in a freezer and the purple/blue top tubes refrigerated until you are ready to ship the test collection kit.

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