



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

Serum Elements

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 that contain minerals for 72 hours prior to the specimen collection, unless otherwise instructed by your physician. *Never discontinue prescription medications without first consulting your physician.*

Phlebotomists: Hemolyzed serum is not acceptable for analysis.

Verify Kit Contents:

- 1 Red top serum tube
- 1 Transfer pipette
- 1 8mL serum transfer vial
- 1 Clear plastic protective tube
- 1 Zip-lock bag with absorbent material
- 1 Polar Pack gel refrigerant
- 1 Test requisition form
- 1 FedEx Clinical Pak with Prepaid Billable Stamp

- ♦ 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 the supplied red top tube. Let the blood clot for at least 15 minutes.
- 2) Centrifuge the tube to separate serum from clot.
- 3) Using the transfer pipette, pipette serum from the clot tube into the 8mL transfer vial (a minimum of 2mL is required for analysis). Discard the remaining clot tube and used pipette.
- 4) Write the patient's name, the date of collection, and patient's date of birth on the specimen vial. **The test cannot be performed without the patient information on the vial.**
- 5) Place the vial into the clear plastic protective tube. Place the tube into the zip-lock bag and seal. Place the Polar Pack gel refrigerant into the pouch on the back of the bag and place the zip-lock bag into a freezer for at least 6 hours.
- 6) After a minimum of 6 hours, retrieve the transfer vial and the gel refrigerant from the freezer. Place the bag into the cardboard shipping box.
- 7) 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.
- 8) Fill out the test requisition form completely and sign it. **The test cannot be performed without a properly filled out requisition.** 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 serum vial in a freezer until you are ready to ship the test collection kit.

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