



### 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

### Whole Blood Elements 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 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: 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 trace element free tube last.**

#### Verify Kit Contents:

- 1 Potassium EDTA trace element free tube
- 1 Clear plastic protective tube
- 1 Zip-lock bag
- 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 the blood into the supplied trace element free tube. Fill the tube completely (minimum 5 ml) and invert 10 times to ensure mixing.

2) Write the patient's name, the date of collection, and patient's date of birth on the specimen tube. ***The test cannot be performed without the patient information on the tube.***

3) In the collection information section of the requisition form (located in the upper right hand corner) fill in the specimen collection date. Place the blood tube into the clear plastic protective tube and cap it. Place the tube into the zip-lock bag, then place the bag and contents into the cardboard shipping box.

**TIP:** To more easily remove the cap on the clear plastic protective tube, rock the cap back and forth while pulling.

4) 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.

To obtain the best results, Doctor's Data recommends shipping specimens as soon as possible. If you cannot arrange shipping on the same day you finish the collection, such as over a weekend or holiday, refrigerate the specimen until you are ready to ship the test collection kit.

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