

Step 3:

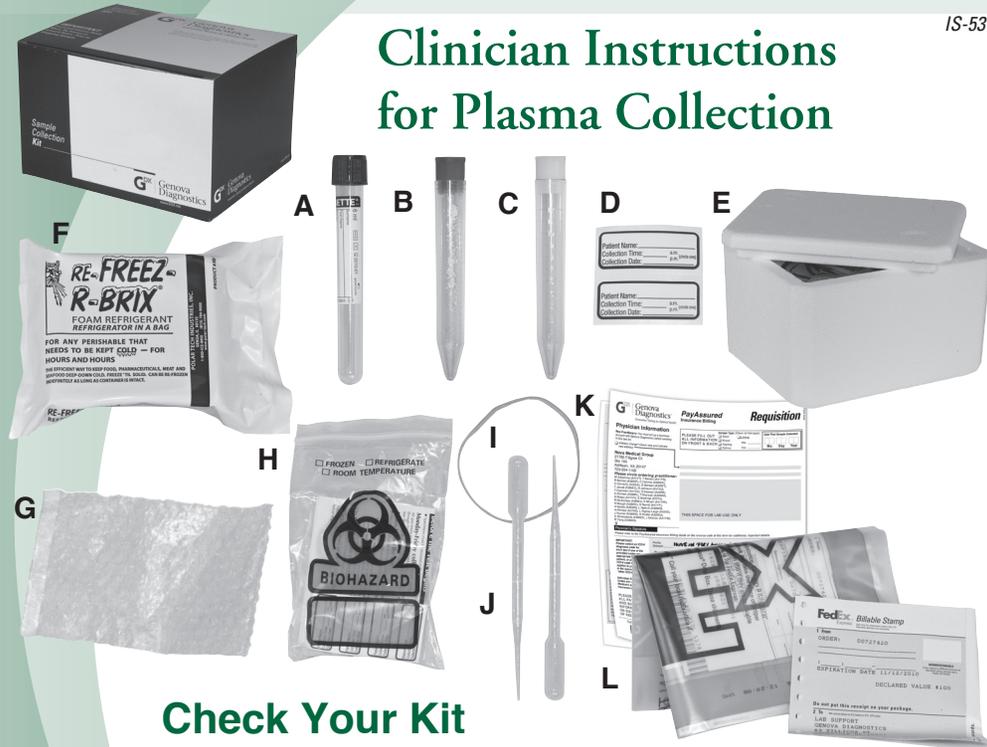
Ship the specimen to the lab

Specimen must be returned in the Genova Diagnostics kit box for correct delivery to the lab. Please refer to the shipping instruction insert found in your kit box.

Amino Acids Analysis, Plasma

IS-531

Clinician Instructions for Plasma Collection



Check Your Kit

- A - 1 Na Heparin blue-top tube
- B - 1 Blue-top preservative tube
- C - 1 Yellow-top transfer tube
- D - 2 Labels
- E - 1 Foam insulator box
- F - 1 Freezer brick
- G - 1 Bubblewrap bag
- H - 1 Biohazard bag and absorbent pad
- I - 1 Rubber band
- J - 2 Pipettes
- K - 1 Requisition (to be completed and signed)
- L - 1 Prepaid mailing envelope

● If any items are missing or expired, call Client Services at 800.522.4762 and press "1".

● Keep the kit box for shipping your specimen to the lab.

Step 1:

Important things to know and consider

- Certain medicines may impact test results [e.g. adrenal steroids including corticosteroids, aminoglycoside antibiotics, amphetamines, antihistamines, cephalosporin-C and cephamycins (e.g. Cefoxitin), penicillin or D-penicillamine, and phenothiazine derivatives].
- **4 Days before the test** have the patient discontinue all of the following if medically appropriate: Non-essential medications including acetaminophen and over-the-counter cold remedies; any vitamins, minerals, amino acids, and herbal supplements taken regularly – including enhanced sports drinks, energy drinks, and vitamin waters.
- **24 hrs before the test:** Instruct the patient to avoid eating or drinking any products containing aspartame (Nutra-Sweet, Equal, Spoonful) and monosodium glutamate (MSG), and avoid over-consuming any single food. Otherwise, instruct the patient to eat their usual diet.

Schedule & Prepare for the blood draw

- **Sample processing** must be completed within 15 minutes after blood draw.
- **Have the patient fast overnight** (at least 12 hours) prior to the blood draw.
- **Refer to the shipping instruction insert for specimen shipment instructions.** *Sample must be received within 5 days of collection. Specimen MUST be completely frozen before shipping.*
- **Freeze the enclosed freezer brick** a minimum of 8 hours before shipping.
- **Complete the Requisition Form** with all patient and billing information. Be sure it is signed by the Patient/Responsible Party and the healthcare provider.

Step 2:

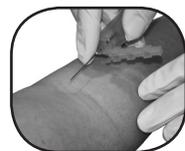
Blood Draw & Specimen Preparation

Not following these instructions may affect the test results.

CAUTIONS: Do not spill, inhale, or ingest the white powder preservative. If the dust should get into your eyes or on your skin, flush with water for at least 15 minutes.



- 1 Write the patient's full name and the time and date** of collection on each label. Attach a label to both the blue-top preservative tube and the yellow-top transfer tube.



- 2 Draw blood** to fill the Na Heparin blue-top tube.



- 3 Mix the blood sample** thoroughly by gently inverting the tube 5-10 times.



- 4 Centrifuge the sample for 15 minutes** at 3000 rpm. *If the sample is visibly hemolyzed, a new sample must be collected.*



- 5 Transfer at least 2-ml plasma** to the blue-top preservative tube. Avoid transferring red cells.



- 6 IMMEDIATELY shake the preservative tube** very hard for at least 10-20 seconds. The sample should turn chunky and white as you mix.



- 7 Centrifuge the preserved tube for 5 minutes** at 2500 rpm. For a tabletop centrifuge, spin for an additional 3-5 minutes. If specimen is cloudy or yellow, shake the sample again very hard and spin until clear.



- 8 Carefully transfer the clear supernatant** into the yellow-top transfer tube, filling to the line shown on the tube (about 0.5-0.75 ml). Discard tube with white precipitate.



- 9 Place the yellow-top transfer tube** into the bubblewrap bag. **Freeze sample immediately.** Keep sample completely frozen until ready to ship.

- 10 Complete the Requisition:** Enter date in box labeled "Date Final Sample Collected".