

## CHECKLIST (PRIOR TO SHIPPING)

INCLUDES BLOOD & URINE SPECIMENS

### 1. TUBES

- Patient's first and last name, date of birth, and date of collection are written on all tubes and vials
- All the tubes and vials are capped tightly

### 2. FROZEN

- Clear cap plastic vial (urine)
- 2 Red top amber transfer tubes
- Lavender top clear transfer tube
- 3 Ice packets

### 3. REFRIGERATE (ONLY IF #1075 IS ORDERED)

- Red top clear transfer tube

### 4. ROOM TEMPERATURE

- Royal-blue top Na-EDTA tube, trace mineral free

### 5. TEST REQUISITION FORM WITH PAYMENT

- Test Requisition Form is complete
- Personal Health Assessment Form is complete
- Payment is included

## ION<sup>SM</sup> PROFILE - CLINICIAN

### BLOOD SPECIMEN COLLECTION INSTRUCTIONS

THIS SPECIMEN COLLECTION KIT CAN BE USED FOR THE FOLLOWING TEST(S):

**0090 ION PROFILE** - Blood/Urine

**0190 ION PROFILE NY** - Blood/Urine

**0490 ION PROFILE w/AMINO 40** - Blood/Urine

**0590 ION PROFILE w/AMINO 40 NY** - Blood/Urine

**1075 IGG4 FOOD ANTIBODIES** - Serum

**0068 CHEMISTRIES** - Serum

**0088 NEOPTERIN/BIOPTERIN PROFILE** - Urine

**PLEASE NOTE:** The ION Profile requires the patient to collect urine at home. This should be done prior to the blood collection. **All specimens, urine and blood, must be shipped together.** Patient must be fasting for blood draw. (Urine collection instructions are explained in the ION Profile - Patient Specimen Instructions.)

#### PLEASE NOTE:

*All patient specimens require two unique identifiers (patient's name and date of birth), as well as date of collection.*

**Patient's first and last name, date of birth, and date of collection must be recorded on the Test Requisition Form as well as all tube(s) and/or vial(s), using a permanent marker, or the test may not be processed.**

### SPECIMEN

Serum, 6 ml (2 tubes, 3 ml each), frozen; Plasma, 2.5-3 ml, frozen;  
Whole Blood, room temperature; Overnight Urine, 12 ml, frozen;  
*Additional 3 ml Serum required if ordering #1075 with ION Profile*

### COLLECTION MATERIALS

- 3 Red/gray top serum separator tubes
- Royal-blue top Na-EDTA tube, trace mineral free
- Lavender top EDTA tube
- 2 Red top amber transfer tubes
- Red top clear transfer tube
- Lavender top clear transfer tube
- 2 Disposable pipettes

### SHIPPING MATERIALS

- Plastic shell tube tray
  - Orange absorbent pad
  - 3 Ice packets
  - Test Requisition Form
  - Personal Health Assessment Form
  - Biohazard bag with side pocket
  - Specimen collection kit box
- \*See shipping instructions for specific details on how to ship your specimen*



US Call 800.221.4640  
www.metametrix.com



AU Call +61 2 9966 9990  
NZ Call +64 3 381 2255  
www.diagnosticinsight.com.au

*Please read all instructions carefully before beginning.*

## **PATIENT PREPARATION**

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- Please check to make sure the patient has fasted prior to drawing blood

### ***Please note: For test #1075 IgG<sub>4</sub> Food Antibodies ONLY***

- The use of immunosuppressive drugs, like cortisone, can give false negative test results. Discontinue the use of such drugs for 60 days before testing to allow antibody reactions to be seen.

## **BLOOD COLLECTION**

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- 1. WRITE** patient's first and last name, date of birth, and date of collection on the Test Requisition Form, as well as all tube(s) and/or vial(s), using a permanent marker.
- 2. FREEZE** the ice packets.
- 3. Red/gray top serum separator tubes and red top amber transfer tubes**
  - **DRAW** the 2 red/gray top serum separator tubes (or draw 3 if ordering #1075 IgG<sub>4</sub> Food Profile); place upright in a rack at room temperature for 20 to 30 minutes to clot blood.
  - **CENTRIFUGE** the red/gray top serum separator tubes for 15 minutes to avoid hemolysis. The serum must be free of hemolysis or red blood cells.
  - **PIPETTE** 3 ml serum, using a fresh disposable pipette, from each of the red/gray top serum separator tubes into the 2 red top amber transfer tubes (and 3 ml serum into the red top clear transfer tube if ordering #1075). Cap each tightly.
  - **FREEZE** the red top amber transfer tubes
  - **REFRIGERATE** the red top clear transfer tube for test #1075
- 4. Royal-blue top Na-EDTA tube, trace mineral free**
  - **DRAW** the royal-blue top EDTA tube completely
  - **INVERT** the tube gently 15 times immediately after blood draw
  - **LEAVE** the tube at room temperature. **DO NOT CENTRIFUGE OR TRANSFER.**
- 5. Lavender top EDTA tube and lavender top clear transfer tube**
  - **DRAW** the lavender top EDTA tube completely
  - **INVERT** the lavender top EDTA tube 10 times to mix the EDTA with the blood
  - **CENTRIFUGE** immediately for 15 minutes. The plasma must be free of hemolysis or red blood cells.

- **REMOVE** the lavender top EDTA tube from centrifuge; **DO NOT INVERT TUBE.**
- **PIPETTE** 2.5-3 ml plasma, using a fresh disposable pipette, to the lavender top clear transfer tube.
- **FREEZE** the lavender top clear transfer tube

## **SPECIMEN PREPARATION**

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- 1. PLACE** all of the frozen transfer tubes (refrigerated red top clear transfer tube if #1075 was ordered) and the frozen urine specimen into the slots or the ends of the plastic shell tube tray. (An exact fit is not necessary.) Place the orange absorbent pad over the tubes, orange side up. Place the frozen ice packets at each end of the tubes in the tray and one in the middle. Snap the tray closed (Do not place royal-blue top Na-EDTA tube, trace mineral free inside the tray).
- 2. PLACE** the tray, along with the royal-blue top Na-EDTA tube into the biohazard bag.
- 3. STAPLE** payment to the bottom right-hand corner of the completed Test Requisition Form and **COMPLETE** the Personal Health Assessment Form; **FOLD** and **PLACE** them in the side pocket of the biohazard bag.
- 4. SEAL** the biohazard bag; **PLACE** it into the specimen collection kit box and close the box.