# STEP 1:





- 1. Lay out all the contents of your kit.
- 2. Label the collection tubes with the patient's name, date of birth, and date/time of collection.
- Ensure all patient information on the requisition form and the collection tube are filled out and match exactly.
   IMPORTANT: Unlabeled specimen tubes will not be processed.

### STEP 2:

(SERUM)



- Confirm the patient has fasted for a minimum of 10 hours and all information provided on the collection tubes is correct and matches the requisition form.
- 2. Perform a blood draw filling each of the blood collection tubes completely.
  - NutriStat Basic Collection: 1 Red Top SST Gel Tube, 1 EDTA Purple Top Tube, 2 K2EDTA Navy Top Tubes

COLLECTION TUBES (SERUM)	PROCESS		TRANSFER	
2 SST Red Tiger Top Gel Tubes		Centrifuge Both Tubes	0	No Transfer needed
2 K2EDTA Navy Blue Top Tubes		Return 1 tube as is (whole Blood) Do Not Centrifuge	0	No Transfer needed
		Centrifuge 1 Tube Remove + save the rubber cap		<ul> <li>Using a clean pipet, transfer plasma into a transfer tube and seal with the RED cap.</li> <li>Recap the original K2EDTA rubber navy top tube.</li> <li>Fill out one of the transfer labels and place it onto the RED Top Transfer tube.</li> <li>Return all 3 tubes.</li> </ul>
1 EDTA Purple Top Tube		Centrifuge the tube Remove + save the rubber cap		<ul> <li>Using a clean pipet, transfer the plasma into a transfer tube and seal using the YELLOW cap.</li> <li>Recap the original EDTA purple top tube</li> <li>Fill out one of the transfer labels and place it onto the YELLOW Top Transfer tube.</li> <li>Return both the EDTA Purple Top Collection and YELLOW Top Transport tube</li> </ul>
1 Citrate Blue Top Tube	Ü	Centrifuge the tube		<ul> <li>Using a clean pipet, transfer the plasma into a transfe tube and seal using the BLUE cap.</li> <li>Fill out one of the transfe labels and place it onto the BLUE Top Transfer tube.</li> <li>Discard the original Citrate Blue Top Collection Tube &amp; return the BLUE Top Tranfer Tube.</li> </ul>
1 PPT EDTA Clear Top Tube	Ü	Centrifuge the tube	0	No Transfer needed

When centrifuging samples use a relative centrifugal force of 1000 – 1300 g

Swing buckets = 10 minutes | Fixed Angle = 15 minutes

#### STEP 3:





- 1. Expand the collection cup.
- 2. Perform a mid-stream catch (sample collected from the ongoing urine stream). Fill the collection cup 50%-75% full.

# STEP 4:

TRANSFER URINE



- 1. Remove the cap from the Clear Top Transfer Tube(s).
- 2. Use the pipet provided to transfer urine from the cup into the transfer tube(s) until the tube(s) is filled with at least 8ml.
  - > Squeeze the top bulb of the pipet to remove all the air.
  - > Place the pipet into the collected urine within the cup and release the pressure on the top of the pipet. This will pull urine into the pipet.
    - Move the pipet full of urine into the transfer tube and squeeze the top to release the urine into the tube.
- 3. Repeat step 2 as needed until you fill the collection tube to at least 8 ml.
- 4. Place the cap back onto the transfer tube(s) and twist to tightly seal the sample.

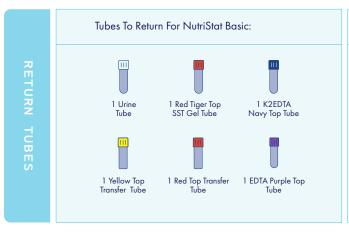
# STEP 5:

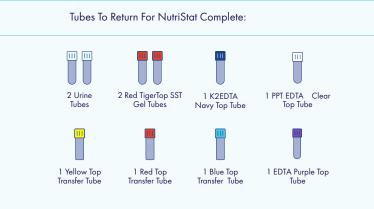




- 1. Place the labeled tubes and the fill out requisition form into the biohazard bag and seal.
  - NutriStat Basic Return 6 Tubes: 1 Urine Tube, 1 Red Top SST Gel Tube, 1 EDTA Purple Top Tube, 1 Yellow Top Tranfer Tube, 1 K2EDTA Navy Top Tube, 1 Red Top Tranfer Tube.
  - NutriStat Complete Return 10 Tubes: 2 Urine Tubes, 2 SST Red Tiger Top Gel Tubes, 1 K2EDTA Navy Top Tube, 1 EDTA Purple Top Tube, 1 Red Top Tranfer Tube, 1 Yellow Top Tranfer Tube, 1 Blue Top Tranfer Tube and 1 PPT EDTA Clear Top Tube.
- Enclose the biohazard bag within the crush-proof box and place it into the return shipping envelope.
- 3. Ship the specimen to the lab at ambient temperature.
  - > Try to ship samples on the same day as the collection, if unable to refrigerate samples (DO NOT FREEZE) and ship the following day.







# **GETTING STARTED**

Accurate test results start with a properly collected specimen. Please review the specimen collection instructions thoroughly before you begin.

#### To Avoid Specimen Rejections:

- Urine samples should be collected as a first-morning void, with no urination for a minimum of 6 hours prior to specimen collection.
- > Blood samples must be collected while fasting for a minimum of 10 hours prior to collection.
- Ensure all labelled return tubes are labeled with patient information.

#### General Guidelines

- Specimens must be collected using the tubes provided inside this collection kit.
- Fast for a minimum of 10 hours prior to specimen collection.
- 4 Days prior to collecting specimens, discontinue all supplements including protein powders.
- 24 hours prior to collecting specimens, avoid eating or drinking products that contain aspartame, MSG, or general overconsumption of any particular food.
- Limit fluid intake to avoid a diluted sample.
- DO NOT proceed with sample collection if you are menstruating.

### Medical Precautions

- Do not perform this test if you are taking blood thinners or have blood clotting disorders (unless authorized by your healthcare provider).
- Immunosuppressive drugs (e.g., prednisone), immune-modulating drugs, and topical cortisone suspensions and creams may alter test results.
- Consult with your healthcare provider prior to making any changes to your current medication regimen.
- We recommend maintaining usual dietary habits prior to specimen collection and to consult with your healthcare practitioner before making any changes to your diet.