

# Step 3:

## Returning The Sample To The Laboratory

Samples must be returned to Genova Diagnostics by overnight delivery to arrive next day.

**For UK mainland patients only:** Genova Diagnostics recommends using the enclosed courier collection service, or alternative e.g.: Royal Mail, Special Delivery. The mailing envelope is not pre-paid.

**For patients outside of the UK:** please arrange an international courier such as FedEx, DHL, UPS.

Please note: the laboratory is closed at weekends. Samples should not be in transit over the weekend; please arrange for the samples to be sent overnight and to arrive no later than Friday.

- Plan to return the sample **Monday – Thursday by overnight delivery only.**
- Ensure the tube is labelled correctly: failure to complete all the required information will result in the sample being rejected.
- Place the plastic tube holder (containing the filled heparin tube) in the biohazard bag and seal it securely.
- Place the Biohazard bag in the mailing envelope with your completed, signed and dated requisition form.
- Seal the envelope.
- Once posting/couriering of samples has been arranged, keep any tracking numbers issued by the courier / Royal Mail for future reference.

## Metabolic Syndrome Profile

### Instructions for Blood Collection



### Check Your Kit

- A - 1 Heparin tube (green top)
- B - 1 Tube holder with absorbent paper
- C - 1 Biohazard bag
- D - 1 Bleed kit (needle, holder, wipe, spot plaster)
- E - 1 Requisition (to be completed and signed)
- F - 1 Mailing envelope

- If any of the items are missing or expired, call the laboratory on 020 8336 7750.
- The appearance of the above kit components are for illustration use only and actual contents may vary slightly from that shown.

# Step 1:

## FOR THE PATIENT

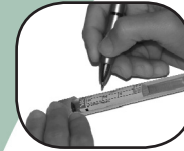
### Schedule & Prepare for the blood draw

- **Discontinue any supplements and non-essential medication**, as well as aspirin and CHO-lowering drugs, for 48 hours prior to testing, unless wishing to monitor therapy. **Do not change use of prescription medications unless instructed to do so by your doctor.**
- **Have the patient fast overnight** (at least 8 hours) prior to the blood draw. Drink water only. Eat light meals the day before the blood draw. There are no diet restrictions otherwise.
- Arrange to have the blood drawn on **Monday – Thursday**, for returning to the laboratory using next day delivery, to arrive by Friday.
- **Please note:** equipment provided is for the use of a qualified phlebotomist / doctor / nurse only.
- **Complete the requisition form** with all patient and payment information. Be sure it is signed by the patient/ responsible party in the box labelled “Final Sample Date / Time.”
- **Avoid** alcohol 24 hours before the test. Avoid exercise 12 hours prior to blood draw as it may impact the measured results.

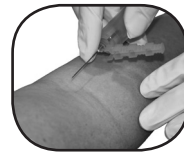
# Step 2:

## Blood Draw: Instructions for Clinician use only

Not following these instructions may affect the test results.



- 1 Write the patient’s full name (first AND last), date of birth, and the time and date of collection** on the heparin (green top) tube.



- 2 Draw blood** to fill the tube.



- 3 Mix blood sample thoroughly** by gently inverting the tube three times. **Do not shake.**



- 4 Place the tube into the plastic blood tube holder** with absorbent paper and seal. If unable to return it to the laboratory immediately, store in a refrigerator to keep specimen stable. **DO NOT FREEZE.**



- 5 Ensure the patient completes, signs and dates the requisition form:** the test can not be processed without this information.