

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.**
- Make sure the tube is tightly closed and identified with completed label. **Failure to complete the label correctly will result in the sample being rejected.**
- Put the tube in the plastic tube holder inside the biohazard bag and seal it securely.
- Place the biohazard bag in the silver pouch with the frozen freezer brick.
- Place the sealed silver pouch inside the mailing envelope with your completed and signed 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.

Vitamin D

Clinician Instructions for Blood Collection



Check Your Kit

- A - 1 Serum collection tube
- B - 1 Transfer tube
- C - 1 Label
- D - 1 Plastic blood tube holder with absorbent paper
- E - 1 Bleed kit (needle, holder, wipe, spot plaster)
- F - 1 Pipette
- G - 1 Biohazard bag
- H - 1 Gel freezer brick
- I - 1 Silver pouch
- J - 1 Requisition (to be completed and signed)
- K - 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

- Certain medications and supplements may influence the plasma levels of vitamin D measured in this test. Results may help demonstrate the efficacy of medications or supplements, or a clinician may elect to have the patient temporarily discontinue non-essential one's (including vitamin D) to obtain a baseline. **Do not change the use of any medications or supplements unless instructed to do so by your practitioner.**
- **Please note:** equipment provided is for the use of a qualified phlebotomist, doctor, or nurse only.
- **Arrange to have the blood drawn on Monday – Thursday**, for returning to the laboratory by next day delivery, to arrive by Friday morning. **Samples must be received within 24 hours of collection.** The laboratory is closed at weekends and samples should not be in transit over the weekend.
- **Freeze the enclosed gel freezer brick** for a minimum of 4 hours before returning sample to the laboratory.
- **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."

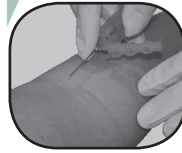
Step 2:

Blood Draw: For Clinician Use Only

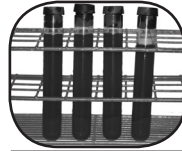
Sample processing must be completed within 15 minutes after blood draw.
Not following these instructions may affect the test results.



- 1 Write the patient's full name (first AND last), date of birth, and the time and date of collection** on the serum tube and the enclosed label. Attach the label to the white-top transfer tube.



- 2 Draw blood** to fill the red-top tube. Mix blood sample thoroughly by gently inverting the tube three times.



- 3 Allow the tube to clot** for 15 minutes whilst standing in a rack.



- 4 Centrifuge** for 15 minutes at 3000 RPM.



- 5 Use the pipette** to transfer the serum from the tube in to the transfer tube.



- 6 Place the transfer tube** into the biohazard bag and seal. If unable to send immediately freeze to keep the specimen stable.



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