US FedEx Shipping Instructions

1) Ship specimens Monday through Friday. If you complete the collection on the weekend, hold the specimen until the following Monday to ship.

2) Place the cardboard kit box containing the specimens and the completed test requisition form into the FedEx Clinical Pak.

3) Write your name and address in the space provided on the prepaid Billable Stamp and tear off the Customer Receipt for your records.

4) To schedule a pickup, call FedEx toll-free at 1-800-463-3339 (1-800-GO FEDEX). When you hear the automated greeting, say "Schedule a Pick-up." At the next prompt, say "Schedule a Pick-up with a Label or Stamp." You will then be asked if the word "Stamp" is written on the waybill; reply "Yes". You will be asked if your pickup location is a residence or a business; respond with your location type. You will then be prompted for your address information.

Do not use a drop box. FedEx will not accept specimens placed into a drop box.

If you are located in the United States and choose to use a different courier or level of service than provided or are located outside the United States, you must make your own shipping arrangements at your own expense.

Fatty Acids; Erythrocytes

Before You Start:

Please read all of the directions, and familiarize yourself with the collection procedures.

The test requires no special diet or fasting prior to collection. Please refrain from taking supplemental oils (e.g. Fish oil) on the day of collection. *Never discontinue prescription medications without first consulting your physician.*

Phlebotomist Notes:

Tubes: Lavender-top EDTA tube.
Processing: No special handling – Do Not Freeze.
Rejection: < 5mL; frozen, hemolysis, clotted.
Shipping/Stability: Send same day- overnight delivery.

Verify Kit Contents:

1   Polar gel ice brix
1   Styrofoam insulating shell
1   Lavender-top EDTA tube
1   Clear plastic protective tube
1   Zip-lock bag with absorbent material
1   Test requisition form
1   FedEx Clinical Pak with Prepaid Billable Stamp

♦   If you are missing kit components, please call Doctor's Data's Customer Service department for assistance.

♦   Save the cardboard collection kit box to ship your samples back to the laboratory.

Collection Instructions:

1) Before you draw the blood, place the gel ice brix into a freezer until frozen solid (usually about 6 hours).

2) Draw the blood into the supplied EDTA purple top tube. Fill the tube completely (minimum 5 ml) and invert 10 times to ensure mixing. DO NOT FREEZE THE SPECIMEN.

3) Write the patient's name, the date of collection, and patient's date of birth on the tube. ***The test cannot be performed without the patient information on the tube.***

4) In the collection information section of the requisition form (located in the upper right hand corner) fill in the specimen collection date. Place the blood tube into the clear plastic protective tube and cap it. Place the tube into the zip-lock bag. Retrieve the gel ice brix and place into the bottom of the styrofoam insulation shell. Place the zip-lock bag containing the specimen on top of the gel ice brix. Close the shell and place it into the cardboard shipping box.

TIP: To more easily remove the cap on the clear plastic protective tube, rock the cap back and forth while pulling.

5) Fill out the test requisition form completely and sign it. ***The test cannot be performed without a properly filled out requisition.*** Place the completed requisition form in the cardboard shipping box. The specimen is now ready for shipment.

To obtain the best results, Doctor's Data recommends shipping specimens as soon as possible. The specimen must be shipped the same day it is collected. Clotted or frozen tubes are not acceptable and will require a redraw.

Consult your physician if you have any questions during the test collection process.