

**GLUTEN/GLIADIN SENSITIVITY  
(CELIAC, ENDOMYSIAL, AND TISSUE TRANSGLUTIMASE)  
COLLECTION & SHIPPING INSTRUCTIONS**

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| 1 - Transfer Tube     | 1 - UPS Next Day Air Pack (US & Canada only)       |
| 1 - Biohazard Bag     | 1 - UPS Next Day Shipping Label (US & Canada only) |
| 1 - Ice Pack          |  |

**CAREFULLY READ COLLECTION AND SHIPPING INSTRUCTIONS THOROUGHLY BEFORE STARTING.  
UPON RECEIPT – REMOVE LID FROM STYROFOAM CONTAINER AND PLACE INTO  
THE FREEZER – DO NOT REMOVE THE ICE PACK.**

**PLEASE NOTE:** When shipping the specimens back to the lab, send Monday through Thursday Only. **DO NOT SHIP ON FRIDAYS AS DELIVERIES ARE NOT ACCEPTED ON SATURDAY OR SUNDAY.** **OBSERVED HOLIDAYS ARE AS FOLLOWS: NEW YEARS DAY, MEMORIAL DAY, FOURTH OF JULY, LABOR DAY, THANKSGIVING DAY AND THE DAY AFTER, AND CHRISTMAS DAY.**  
**DO NOT SEND SAMPLE(S) THE DAY PRIOR TO OR THE DAY OF A HOLIDAY.**

**COLLECTION INSTRUCTIONS**

1. Draw one SST.
2. Allow sample to clot for at least 30 minutes.
3. Centrifuge for at least 10 minutes.
4. Pour the serum into the transfer tube.
5. Label with the patient's name and collection date.
6. Keep the specimen refrigerated or at room temperature.
7. Complete enclosed requisition form; include payment (if required).

**SHIPPING INSTRUCTIONS**

1. Remove icepack and styrofoam container from freezer.
2. Place transfer tubes in the zippered portion of the biohazard bag. Seal bag.
3. Place the requisition in the outside pocket of the biohazard bag. Include payment if required.
4. Place biohazard bag next to the frozen ice pack in the styrofoam container.
5. Place styrofoam container into cardboard shipping box.
6. Place the cardboard box in the UPS next day air pack and securely seal.
7. Place return shipping label with barcode on the outside UPS next day air bag.
8. Save return receipt with the tracking number for your records.
9. Send specimens Monday through Thursday only.
10. Call UPS toll free at **1.800.742.5877** for a pickup or for the nearest drop location. UPS will only pick up on weekdays.
11. When calling for UPS pickup, request “**ON CALL AIR**” only. **DO NOT request a one-time pickup.** Meridian Valley Lab pays for “**ON CALL AIR**” only. UPS expects the patient to pay for a one-time pickup.



