



GLYCEMIC INSULIN STRESS PANEL (FASTING GLUCOSE, INSULIN, IGF-1, C-PEPTIDE AND HGB A1C)

COLLECTION & SHIPPING INSTRUCTIONS

KIT CONTENTS

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|------------------------|--|
| 1 - Requisition Form | 1 - Bubble Protector |
| 1 - Instruction Sheet | 1 - Ice Pack |
| 1 - Red Top Tube | 1 - Cardboard Shipping Box |
| 1 - Lavender EDTA | 1 - Biohazard Bag |
| 1 - Transfer Tube | 1 - Styrofoam Container |
| 1 - Serum Filter | 1 - UPS Next Day Air Pack (US & Canada only) |
| 1 - Parafilm | 1 - UPS Next Day Shipping Label (US & Canada only) |
| 1 - Disposable Pipette | |

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

AN 8 – 12 HOUR FAST IS REQUIRED BEFORE THE TEST IS PERFORMED

1. Draw one Red top tube and one EDTA.
2. Allow the Red top tube to sit for at least 20 minutes for the blood to clot.
3. Centrifuge the Red top tube for at least 10 minutes.
4. Gently place the serum filter in the Red top tube. Do not allow RBC's to enter into the filter. Pull up the filter ¼ of an inch above the remaining blood below the filter.

Please call 206.209.4200 with questions or Toll Free 855.405.8378
Monday through Friday 6:00 am – 7:00 pm PST

6839 Fort Dent Way, Ste 206
Tukwila, WA 98188
Fax: 206.209.4211

www.meridianvalleylab.com info@meridianvalleylab.com

5. Pipette the serum and place into the transfer tube. Tighten the top of the transfer tube. Stretch the parafilm around the lid.
6. Label the transfer tube with patient's name and date collected. **FREEZE THE SERUM.**
7. Refrigerate the EDTA until ready to ship.
8. Complete the enclosed requisition form; include payment (if required).

SHIPPING INSTRUCTIONS

1. Place the EDTA into the bubble protector.
2. Place the specimen into the biohazard bag. Seal bag.
3. Place requisition in the outside pocket of the biohazard bag.
4. Place the biohazard bag next to the frozen ice pack in the styrofoam container.
5. Place the styrofoam container into the cardboard shipping box.
6. Place the cardboard shipping box into the UPS pack and seal securely.
7. Place return shipping label with barcode on outside UPS next day air pack.
8. Save return receipt with the tracking number for your records.
9. Call UPS toll free at **1-800-742-5877** for a pickup or for nearest drop location. UPS will pick up only on weekdays.
10. When calling for UPS pickup, request "**ON CALL AIR**" only. **DO NOT request a one-time pickup.** Meridian Valley pays for "**ON CALL AIR**" only. UPS expects the patient to pay for a one-time pickup.

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