

AGE MANAGEMENT PANELS COLLECTION & SHIPPING INSTRUCTIONS

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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 NEXT DAY 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

*** FOR FASTING INSULIN DRAW – PATIENT MUST BE FASTING FOR 12 HOURS**

1. Draw two red top tubes.
2. Draw one EDTA Lavender top tube
3. ***The EDTA lavender top tube should be stored on ice between the time of sampling and centrifugation. Separate the plasma from the cells soon as possible after collection. Do not pick up any Red blood cells.***
4. Label one transfer tube as PLASMA with patient's name and date collected.
5. For the two red top tubes, allow at least 15- 30 minutes for the blood to clot.
6. Centrifuge for at least 10 minutes.
7. Pipette the separated serum into the transfer tube. ***Do not pick up any Red blood cells.***
8. Label the transfer tube as SERUM with patient's name and date collected.
9. Freeze the plasma and serum tubes immediately. Keep frozen until ready to ship.
10. Complete the enclosed requisition form; include payment (if required)

SHIPPING INSTRUCTIONS

1. Put the requisition form into the pocket on the outside of the biohazard bag.
2. Place the transfer tube in the biohazard bag and seal.
3. Place the biohazard bag next to the frozen ice pack in the styrofoam container.
4. Place the styrofoam container in the cardboard shipping box.
5. Place the shipping box in the UPS next day air pack and seal securely.
6. Place return shipping label with barcode on the outside UPS next day air bag.
7. Save return receipt with the tracking number for your records.
8. Send specimens Monday through Thursday only.

9. 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.
10. 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 picku

