

**BONE HEALTH PANEL  
(NTX, 25-OH VITAMIN D, VITAMIN K)  
COLLECTION & SHIPPING INSTRUCTIONS**

**KIT CONTENTS**

- |                         |  |
|-------------------------|--|
| 1 - Requisition Form    | 2 - Parafilm                                       |
| 1 - Instruction Sheet   | 1 - Ice Pack                                       |
| 1 - 30 mL Vial          | 1 - Biohazard Bag                                  |
| 1 - Lavender EDTA Tube  | 1 - Cardboard Shipping Box                         |
| 1 - Amber Transfer Tube | 1 - Styrofoam Container                            |
| 1 - SST                 | 1 - UPS Next Day Air Pack (US & Canada only)       |
| 1 - Transfer Tube       | 1 - UPS Next Day Shipping Label (US & Canada only) |
| 2 - Plastic Pipettes    |  |

**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. KEEP VIAL ON TOP OF ICE PACK  
WHEN FREEZING. REMOVE WHEN NEEDED FOR COMPLETION OF TEST.**

**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.**

**BLOOD COLLECTION INSTRUCTIONS**

**\* THE PATIENT MUST BE FASTING FOR 8-12 HOURS.**

1. Draw one full lavender top (EDTA) tube. **Protect the specimen from light** with either aluminum foil or a paper towel.
2. Draw 1 SST.
3. Immediately centrifuge the EDTA specimen for 10 minutes.
4. Pipette 3 to 4 mLs of EDTA plasma into the amber transfer tube. *Plasma must be free of red blood cells.*
5. Allow at least 20 minutes for the SST blood to clot.
6. Centrifuge the SST for at least 10 minutes.
7. Pipette the serum and place into the transfer tube. Tighten the top of the transfer tube. Stretch the parafilm around the lids.
8. Label with the patient's name and date collected.
9. **IMMEDIATELY FREEZE SPECIMEN UNTIL READY TO SHIP.**

**URINE COLLECTION INSTRUCTIONS**

1. Using the urine collection cup, collect the sample from your **SECOND** urination of the day.
2. Pour the urine into the vial up to the 30 mL line. Cap tightly.
3. Discard the remaining urine and the collection cup.
4. Label with patient's name, sex, age, and collection date.

5. Place the urine vial in the freezer with the ice pack. Keep frozen until ready to ship. If shipping same day you do not need to freeze the urine sample.
6. Complete the enclosed requisition form; include payment (if required).

#### **SHIPPING INSTRUCTIONS**

1. Place the transfer tubes and the urine vial in the biohazard bag
2. Place requisition in the outside pocket of the biohazard bag.
3. Place biohazard bag next to the frozen ice pack in the styrofoam container.
4. Place the shipping box and the requisition in the UPS next day air pack and seal securely.
5. Place return shipping label with barcode on outside UPS next day air bag. Save return receipt with the tracking number for your records.
6. Send the specimens **Monday through Thursday only**.
7. Call UPS toll free at **1-800-742-5877** for a pickup or for the nearest drop location. UPS will pick up only on weekdays.
8. 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

