

ESSENTIAL FATTY ACID ANALYSIS PLASMA OR RBC COLLECTION & SHIPPING INSTRUCTIONS

KIT CONTENTS

1 - Requisition Form	1 - Ice Pack
1 - Instruction Sheet	1 - Biohazard bag
2 - Lavender Top Tubes	1 - Cardboard Shipping Box
1 - Pipette	1 - Styrofoam Container
1 - Transfer Tube	1 - UPS Next Day Air Pack (US & Canada only)
1 - Saline Solution Vial	1 - UPS Next Day Shipping Label (US & Canada only)

CAREFULLY READ ALL SHIPPING AND HANDLING 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 Meridian Valley Lab, send Monday through Thursday Only. DO NOT MAIL 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.

PLASMA EFA COLLECTION INSTRUCTIONS

1. Draw two lavender top tubes.
2. Centrifuge for at least 10 minutes.
3. Pipette the plasma into the transfer tube.
4. Discard RBC's.
5. If available, wrap the transfer tube in parafilm.
6. Freeze the plasma.
7. Complete the enclosed requisition; include payment (if required).

RBC EFA COLLECTION INSTRUCTIONS

1. Draw two lavender top tubes.
2. Centrifuge for at least 10 minutes.
3. Discard the plasma and the white cell buffy coat
4. Add a volume of saline solution equal to the volume of RBC's. Recap and invert several times.
5. Centrifuge for at least 10 minutes.
6. Pipette off the top layer of saline.
7. **Repeat steps 4, 5, and 6.**
8. Recap and freeze remaining RBC's.
9. If available, wrap all tubes in parafilm.
10. Complete the enclosed requisition; include payment (if required).

SHIPPING INSTRUCTIONS

1. Place the transfer tube and/or the prepared lavender top tube in the biohazard bag. Seal the bag.
2. Place the requisition in the outside pocket of the biohazard bag.
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 box in the UPS next day air pack and seal securely.
6. Place return shipping label with barcode on outside UPS next day air bag.
7. Save return receipt with the tracking number for your records.
8. Call UPS toll free at **1-800-742-5877** for a pickup or for nearest drop location. UPS will pick up only on weekdays.
9. 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.

