



AMINO ACIDS, PLASMA 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 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

THE PATIENT MUST BE FASTING FOR 8-12 HOURS.

1. Draw two full lavender top (EDTA) tubes
2. Immediately centrifuge the specimens for 10 minutes. ***Hemolyzed specimens are unacceptable and will be rejected.***
3. Pipette at least 2 mL of plasma into each transfer tube.
4. Label the transfer tubes with the patients name, date of birth and date collected.
5. **FREEZE THE PLASMA IMMEDIATELY.** Keep frozen until ready to ship.
6. 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 tubes 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.

Please call 206.209.4200 with questions or Toll Free 855.405.8378
Monday through Friday 7:00 am – 5:30 pm PST

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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 pickup.

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