



Meridian  
Valley LAB

## COENZYME Q10 VITAMINS (A, E, AND B-CAROTENE) Collection & Shipping Instructions

### KIT CONTENTS

1 - Requisition Form	1 - Parafilm
1 - Instruction Sheet	1 - Ice Pack
1 - Red Top Tube	1 - Biohazard Bag
1 - Serum Filter	1 - Cardboard Shipping Box
1 - Disposable Pipet	1 - Styrofoam Container
2 - Amber Transfer Tubes	1 - UPS Next Day Air Pack (US & Canada only)
	1 - UPS Next Day Shipping Label (US & Canada only)

**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 IT WHEN NEEDED FOR COMPLETION OF THE 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.**

### COLLECTION INSTRUCTIONS

- **PATIENT SHOULD BE DRAWN PRIOR TO NEXT DOSE OF VITAMINS OR COQ10.**
1. Draw one red top tube. **DO NOT** draw SST. Protect the sample from light.
  2. Let sample clot for at least 20-30 minutes.
  3. Centrifuge the sample for at least 10 minutes.

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

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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.
5. Pipet the serum and place into the transfer tubes; 1 mL and 2mLs in the tubes. *3mL is required*. Serum must be free of hemolysis or red blood cells.
6. Tighten the top of the transfer tubes. Stretch the parafilm around the lid.
7. Label the transfer tube with patient's name and date of collection.
8. **FREEZE** the sample before shipment.
9. Complete the enclosed requisition, including payment method.

## **SHIPPING INSTRUCTIONS**

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