



Meridian
Valley LAB

RBC Elements Profile

COLLECTION & SHIPPING INSTRUCTIONS

KIT CONTENTS

- | | |
|---|--|
| 1 - Instruction sheet | 1- Cardboard Shipping Box |
| 1 - Requisition | 3 - Clear Plastic Protective tubes |
| 3 - Potassium EDTA trace element free tubes | 1 - UPS Next Day Air Pack (US & Canada only) |
| 1 - Plastic Transfer Pipette | 1 - UPS Next Day Air bill (US & Canada only) |
| 1 - Biohazard Bag | |

CAREFULLY READ COLLECTION AND SHIPPING INSTRUCTIONS THOROUGHLY BEFORE STARTING. MAKE SURE THE SAMPLE IS CENTRIFUGED AND PIPETTED BEFORE SHIPPING

PLEASE NOTE: When shipping the specimens back to the lab, send Monday through Thursday Only. **DO NOT SHIP ON FRIDAY THROUGH SUNDAY.**

DO NOT SEND SAMPLE(S) THE DAY PRIOR TO OR THE DAY OF A HOLIDAY.

The test requires no special diet but it is preferred that the blood be drawn before breakfast after an overnight fast. Please refrain from taking non-essential medications, and dietary supplements that contain minerals for 72 hours prior to the specimen collection, unless otherwise instructed by your physician. Never discontinue prescription medication without first consulting your physician.

Phlebotomists: You must use the provided tubes which are special, trace element free tubes. Other tubes are not acceptable for this analysis. Use a 22 gauge or larger needle to prevent loss of weakly bound cell calcium.

COLLECTION INSTRUCTIONS

TIP: To more easily remove the caps on the clear plastic protective tubes, rock the caps back and forth while pulling.

1. Draw the blood into the 3 supplied trace element free tubes. Fill the tubes completely (minimum 5 mL per tube) and invert 10 times to ensure mixing.
2. Label the tubes with the patient's name and the collection date.

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

6839 Fort Dent Way, Ste 206
Tukwila, WA 98188
Fax: 206.209.4211

www.meridianvalleylab.com info@meridianvalleylab.com

3. Within 30 minutes of initial blood draw, centrifuge the tubes for at least 15 minutes at a minimum of 1500 g's. Promptly remove the tubes when the centrifuge stops.
4. Remove the caps from the tubes. Using the disposable pipette provided, remove and discard all the plasma, including the white buffy layer. Please leave the RBC layer intact for testing.
5. Leave the cells on the bottom of the tubes and reseal the tubes with the original caps.
6. Place the EDTA trace element free tubes into the clear plastic protective tubes and cap them.
7. Place the tubes into the biohazard bag and seal.
8. Fill out the test requisition form with patient name and collection date.

SHIPPING INSTRUCTIONS

1. Put the requisition form into the pocket on the outside of the biohazard bag.
2. Place the cardboard kit box into the UPS Next Day Air Pack.
3. Place return shipping label with barcode on the outside UPS next day air bag.
4. Save return receipt with the tracking number for your records.
5. Send 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 only pick up 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.

If you are located outside of the United States or Canada you must make your own shipping arrangements.

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

6839 Fort Dent Way, Ste 206
Tukwila, WA 98188
Fax: 206.209.4211
www.meridianvalleylab.com info@meridianvalleylab.com