



Meridian
Valley LAB

SERUM FOR MULTIPLE TESTS COLLECTION & SHIPPING INSTRUCTIONS

CHOLESTEROL	HUMAN GROWTH HORMONE (HGH)	FERRITIN
PSA	GLUTEN/GLIADIN SENSITIVITY	TOTAL IGE
FSH	PSA FREE & TOTAL	ESTRADIOL
PROGESTERONE	LH	ESTRIOL
TESTOSTERONE	DHEA	SHGB
INSULIN (FASTING)	DHEA-SO ₄	VITAMIN B12
CORTISOL	FREE TESTOSTERONE	INFECTIOUS DISEASE
SERUM IBF	ESTRONE	PROLACTIN
TESTOSTERONE/ESTRADIOL RATIO	IGF-1	UNCONJUGATED ESTRIOL
CANDIDA ANTIBODIES PANEL	IGF-1 BP3	MALE/FEMALE PROFILES
HELICOBACTER ANTIBODIES	COMPLEX PSA	OXIDIZED LDL
TOXOPLASMA GONDII ANTIBODIES	CRP/CRP HS	ALDOSTERONE
IMMUNOGLOBULIN IGG SUBCLASSES	RA FACTOR	C PEPTIDE
ESTRONE SULFATE	HEPATITIS PROFILE	METHYLMALONIC ACID MMA

KIT CONTENT

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

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 NEXT DAY DELIVERIES WOULD ARRIVE AT LAB WHEN LAB IS CLOSED.**

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.

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

COLLECTION INSTRUCTIONS

1. Draw two red top tubes.
2. Allow at least 15- 30 minutes for the blood to clot.
3. Centrifuge for at least 10 minutes.
4. Pipette the separated serum into the transfer tube. **Do not pick up any Red blood cells.**
5. Label the transfer tube with patient's name and date collected.
6. Freeze the serum immediately. Keep frozen until ready to ship.
7. 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 tube in the biohazard bag and seal.
3. Place the biohazard bag next to the frozen ice pack in the Styrofoam container. Tape the container closed.
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.
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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