



Meridian  
Valley LAB

## Whole Blood Elements Profile

### COLLECTION & SHIPPING INSTRUCTIONS

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#### ***CAREFULLY READ COLLECTION AND SHIPPING INSTRUCTIONS THOROUGHLY BEFORE STARTING.***

**PLEASE NOTE:** When shipping the specimens back to the lab, send Monday through Wednesday Only. **DO NOT SHIP THURSDAY 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 DDI provided tubes which are special, trace element free tubes. Other tubes are not acceptable for this analysis. When drawing multiple tubes, collect the trace element-free tube last.

#### COLLECTION INSTRUCTIONS

1. Draw the blood into the supplied trace element free tube.
2. Fill the tube completely (minimum 5 mL per tube) and invert 10 times to ensure mixing.

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. Label the tube with the patient's name and the collection date.
4. Place the EDTA tube into the clear plastic protective tube.
  
5. Fill out the test requisition form completely and include payment if required.  
*The test cannot be performed without this information.*

### **SHIPPING INSTRUCTIONS.**

1. Place the clear protective 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 into the cardboard shipping box.
4. Place the shipping box in the UPS next day air pack and seal securely.
5. Place return shipping label with barcode on outside UPS next day air bag.
6. Save return receipt with the tracking number for your records.
7. Send specimens **Monday through Wednesday only**.
8. 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.
9. 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". UPS expects the patient to pay for one-time pickup.

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