



<b>Instructions For</b>	Save My Gallbladder or Stop That Bed Wetting Panel
<b>When to Ship</b>	Monday-Friday
<b>Observed Holidays</b> <i>*Do not ship the day before an observed holiday</i>	New Years Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day and following day, Christmas Day.
<b>Notes for this test:</b>	Gross Lipemia specimens are not acceptable for these panels.

<b>Kit Contents</b>	
1 Requisition Form	1 Biohazard Bag
1 Instruction Sheet	1 Shipping Box
2 SST Tubes	1 UPS Lab Pack
2 Transfer Tubes	1 UPS Shipping Label
2 Parafilms	

## Interfering Substances

Some medications, including over the counter medications, may influence the results of this test. It is recommended to discontinue the use of the following medications prior to collecting:

If you have any questions regarding days to avoid a medication, please contact your practitioner.

<b>Medication</b>	<b>Recommended time to discontinue use</b>
<b>Acid Reducers Proton Pump Inhibitors</b>	1 Day
<b>Anti-Inflammatory Analgesic</b>	3 Days (3 Days for Aspirin, 1 Day for other over the counters)
<b>Antihistamine</b>	7 Days
<b>Chemotherapy</b>	Results may be suppressed, please notify us prior to testing.
<b>Immunosuppressant</b>	Speak to your doctor before discontinuing
<b>Inhaled Asthma Medications</b>	1 Day
<b>Prednisone</b>	Speak to your doctor before discontinuing. It is not advised to abruptly stop the use of prednisone. You must taper off to avoid adverse reactions and complications.

## Collection Instructions

---

- Draw 2 SST tubes.
- Allow at least 20 minutes for the blood to clot.
- Centrifuge for at least 15 minutes.
- Place the separated serum into the transfer tube. Make sure the tube is capped tightly.
- Label tube with patient name, date of birth and date of collection.
- Stretch Parafilm over and around cap to prevent the sample from leaking. With one thumb hold the end of the Parafilm against the cap, with the opposite hand gently pull and stretch the Parafilm around the outside of the cap. It is best to wrap around the cap a couple of times. **DO NOT PLACE PARAFILM UNDER CAP.**
- Complete the enclosed requisition; including payment (if required).

*Proper collection makes a difference in your test results!  
If you have questions about how to collect for this test,  
please call us at 855-405-TEST (8378).*

## Shipping Instructions

---

- Place the specimen in the biohazard bag.
- Fold the requisition form and place it in outside pocket of the biohazard bag.
- Place the biohazard bag into the shipping box.
- Place the shipping box in the UPS lab pack and seal securely by removing adhesive strip.
- Place return shipping label with the barcode on outside of UPS lab pack.
- Save the return receipt with the tracking number for your records.
- Ship back to Meridian Valley Lab using the provided courier service:

**To schedule a pick-up, “request on call air”:**

UPS: 1-800-742-5877

**To find a drop-off location:**

UPS: [https://www.ups.com/dropoff?loc=en\\_US](https://www.ups.com/dropoff?loc=en_US)