



US FedEx Shipping Instructions

- 1) Ship specimens Monday through Friday. If you complete the collection on the weekend, hold the specimen until the following Monday to ship.
- 2) Place the cardboard kit box containing the specimens and the completed test requisition form into the FedEx Clinical Pak.
- 3) Write your name and address in the space provided on the prepaid Billable Stamp and tear off the Customer Receipt for your records.
- 4) To schedule a pickup, call FedEx toll-free at 1-800-463-3339 (1-800-GO FEDEX). When you hear the automated greeting, say "Schedule a Pick-up." At the next prompt, say "Schedule a Pick-up with a Label or Stamp." You will then be asked if the word "Stamp" is written on the waybill; reply "Yes". You will be asked if your pickup location is a residence or a business; respond with your location type. You will then be prompted for your address information.

Do not use a drop box. FedEx will not accept specimens placed into a drop box.

If you are located in the United States and choose to use a different courier or level of service than provided or are located outside the United States, you must make your own shipping arrangements at your own expense.



US & CANADA: 1.800.323.2784 - UK: 0871.218.0052
ELSEWHERE: 1.630.377.8139 - FAX: 1.630.587.7860
3755 Illinois Avenue, St. Charles, IL USA 60174-2420
inquiries@doctorsdata.com - www.doctorsdata.com

Methylation Profile; plasma

Before You Start:

Please read all of the directions, and familiarize yourself with the collection procedures. The results of this test are greatly dependant on proper specimen collection technique and are time sensitive.

Unless otherwise instructed by your physician, it is recommended that the blood specimen for this test be collected after an overnight fast. A fasting collection emphasizes metabolic problems and minimizes dietary influences. For 48 hours prior to the collection, discontinue taking dietary supplements containing methionine, cysteine, SAMe. *Never discontinue prescription medications without first consulting your physician.*

Phlebotomist Notes:

Tubes: Lavender-top EDTA tube or any EDTA tube

Processing: Pipette plasma into vial with preservative (acetic acid) – fill to line

Rejection: < 2 mL, hemolysis

Shipping/Stability: FREEZE plasma and send with frozen gel ice brix

Verify Kit Contents:

1 Lavender-top EDTA tube

1 Plastic transfer pipette

1 Clear-capped 8mL plasma transfer vial w/acetic acid preservative*

1 Polar Pack gel ice brix

1 Styrofoam insulating container

1 Zip-lock bag with absorbent material

1 Test requisition form

1 FedEx Clinical Pak with Prepaid Billable Stamp

*Vial contains approximately .3mL of 6% acetic acid which is similar to vinegar.

Wipe spills with a wet towel. In case of contact with eyes, flush with water for 15 minutes. In case of contact with skin, wash with soap and water.

- ◆ If you are missing kit components, please call Doctor's Data's Customer Service department for assistance.
- ◆ Save the cardboard collection kit box to ship your samples back to the laboratory.

Collection Instructions:

1) Prior to collecting the blood, place the gel ice brix into a freezer until frozen solid (about 6 hours).

2) Draw the blood into the EDTA (lavender top) tubes and invert 10 times to mix. Specimens must be centrifuged within 15 minutes of collection.

3) Centrifuge the tube for 20 minutes. Allow the centrifuge to stop without braking. Within 5 minutes of the centrifuge stopping, carefully remove the tube.

4) Using the disposable pipette supplied, pipette plasma into the clear-capped 8mL plastic transfer vial with acetic acid preservative. Fill to the line marked "3 mL" - do not fill above the line. 2 mL is the minimum amount of plasma required. Mix by inverting the tube at least 5 times.

5) Write the patient's name, the date of collection and the patient's date-of-birth on the specimen vial. ***The test cannot be performed without patient identifier information on the vial.***

6) Place the vial into the zip-lock bag and place the bag into a FREEZER until ready to ship.

7) Fill out the test requisition form completely and sign it. ***The test cannot be performed without a properly filled out requisition.*** Place the completed requisition form in the cardboard shipping box. The specimen is now ready for shipment.

8) When ready to ship, place the frozen gel ice brix into the bottom of the Styrofoam insulating container, and then place the zip-lock bags containing the plasma vial on top of the ice brix. Close the shell and place into the cardboard shipping box. The specimen is now ready for shipment.

For best results, Doctor's Data recommends shipping specimens as soon as possible. If you cannot ship the specimen on the same day you finish the collection, such as over a weekend or holiday, store the specimen in a freezer until you are ready to ship.

Consult your physician if you have any questions during the test collection process.