





The quality of laboratory results is highly dependent upon proper specimen collection and processing. SpectraCell Laboratories does not accept samples on Sunday, Monday, or federal holidays. Therefore, **DO NOT** collect or ship any samples Saturday or Sunday.





All samples **MUST** be labeled with **PATIENT NAME, DATE OF BIRTH, and DATE OF COLLECTION.**

It is strongly recommended that a 21 gauge needle be used for specimen collection.

| Sequence of Draw | Collection Tube | Tests | Instructions |
|------------------|--|---|---|
| First | ACD Solution A Yellow Top (8.5 ml)  Whole Blood | Micronutrient | <ul style="list-style-type: none"> Collect 2 ACD (Sol. A) Yellow Top tubes. Mix by inverting 5-6 times Do not refrigerate, freeze or centrifuge. Ship in the Micronutrient kit provided. Label with patient name, DOB, and date of collection. |
| | SST (7.5 ml)  Serum | CardioMetabolic* Pre-Diabetes* LPP™ Hormones Thyroid CMP - Comprehensive Metabolic Panel BMP - Basic Metabolic Panel | <ul style="list-style-type: none"> Fasting: 9-12 hrs, except Honrmones & Thyroid Clotting time: 20-30 min Centrifuge within one hour of collection for 15 min. at 3000 rpm. Keep refrigerated until shipped. Ship with the frozen ice brick in the refrigerated kit provided. Label with patient name, DOB, and date of collection. |
| | Purple Top (EDTA)  Whole Blood | CardioMetabolic (HgbA1c)* Complete Blood Count (CBC w/diff) OmegaCheck™ Pre-Diabetes (HgbA1c)* Genetics (except Telomere) | <ul style="list-style-type: none"> Fasting: Preferred but not required for OmegaCheck. It is recommended that patients not take a fatty acid supplement within 12-24 hours. Collect 1 or 2 Purple Top (EDTA) tubes depending on test combination selected. HgbA1c, OmegaCheck, and Genetics may be drawn in one tube. CBC requires a separate tube. Mix by inverting 5-6 times Do not centrifuge or freeze. Ship with the frozen ice brick in the refrigerated kit provided. Label with patient name, DOB, and date of collection. |
| Last | Blue Top (Sodium Citrate)  Whole Blood | Telomere | <ul style="list-style-type: none"> Collect 1 Blue Top (sodium citrate) tube. Mix by inverting 5-6 times Do not centrifuge or freeze. Ship in the Micronutrient or refrigerated kit provided. Label with patient name, DOB, and date of collection. |

* CardioMetabolic and Pre-Diabetes each require 1 SST and 1 Purple Top tube.

COMMON ORDERING SCENARIOS

| Scenarios | ACD Sol. A (8.5 ml) | SST (7.5 ml) | Purple Top (EDTA) | Blue Top (Sodium Citrate) |
|---|---|--|---|---|
| |  |  |  |  |
| Micronutrient | 2 | | | |
| CardioMetabolic | | 1 | 1 | |
| Pre-Diabetes | | 1 | 1 | |
| LPP™ Plus | | 1 | | |
| Hormones | | 1 | | |
| Thyroid | | 1 | | |
| Genetics (except Telomere) | | | 1 | |
| Telomere | | | | 1 |
| Complete Blood Count (CBC) | | | 1 | |
| Comprehensive Metabolic Panel (CMP) or Basic Metabolic Panel (BMP) | | 1 | | |
| OmegaCheck™ | | | 1 | |
| If all tests ordered | 2 | 2 | 2 | 1 |

Specimen Collection & Processing

- Determine the specimen requirements from the chart above.
- Freeze ice bricks for 24 hours before drawing specimen requiring refrigeration.
- Draw the tubes in the proper sequence shown above.
- Specimens **MUST** be labeled with the following patient identifiers: **PATIENT NAME, DATE OF BIRTH, and DATE OF COLLECTION.**
- Follow the temperature requirements outlined in the chart above.
- Place completed requisition in outside pocket of biohazard bag.
- All specimens **MUST BE SHIPPED OVERNIGHT** on the same day they are drawn.
- Multiple specimens should be labeled on separate requisitions.



IS-SPEC-PHLEBOTOMY

DOC 221 04.16