

Doctors Data	Fatty Acids; Erythrocytes
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### Shipping and posting information:

Please note, we do not receive samples on Weekends or Bank Holidays. For this reason please ensure you return this completed sample back, to arrive with us no later than midday on Friday.

Failure to do so may require your test to be rejected and repeated, which may carry a small administration fee.

*Due to the nature of this specimen and its volume, you are not allowed to send this sample through the Royal Mail postal system. Please use the UPS service offered or another of your choice.*

*For health and safety reasons, you must use all the packaging enclosed and seal each bag correctly before returning your samples. Regenerus Laboratories reserves the right to dispose of any sample received which does not meet this criteria.*

### Returning your samples in the UK via UPS

Enclosed you will find a return shipping label for our UPS courier service. Should you choose to use this service then you will be charged accordingly, details of which are separately enclosed.

Within the UK, UPS offer 3000 convenient drop off locations, this service means no waiting for couriers to arrive, we suggest you visit the UPS website at [www.ups.com/dropoff](http://www.ups.com/dropoff). The UPS home /office collection service normally offer a 4 hours collection window. Please see the en

**Track the status of your shipment, copy the tracking number on your shipping label and track its progress using the UPS website.**

Regenerus Laboratories do not keep records of your tracking number.

**Telephone : 0333 9000 979**  
**Email: [info@regeneruslabs.com](mailto:info@regeneruslabs.com)**  
**[www.regeneruslabs.com](http://www.regeneruslabs.com)**

Aero 14, Redhill Aerodrome, Kings Mill Lane, Redhill, Surrey, RH1 5YP

### Before You Start:

**Please read all of the directions inc. shipping to familiarise yourself with the collection procedures.**

The test requires no special diet or fasting prior to collection. Please refrain from taking supplemental oils (e.g. Fish oil) on the day of collection. *Never discontinue prescription medications without first consulting your physician.*

**Patient Note:** Before attending for your blood draw appointment. Freeze the freezer brick in this package for at least 6 hours, to ensure it is ready and frozen for your blood sample.

### Phlebotomists:

- \* Ice Pack Must be Pre frozen before starting**
- \*Schedule the draw so that you are able to ship the specimen the same day as it is collected.**
- \*Clotted or frozen tubes are not acceptable and will require a redraw.**

### Verify Kit Contents:

- 1 Polar Pack foam freezer brick
- 1 Box (Insulated)
- 1 EDTA purple top tube
- 1 Clear plastic protective tube
- 1 Zip-lock bag with absorbent material
- 1 Test requisition form
- 1 Blue return envelope and shipping label

If you are missing kit components, please call Regenerus Laboratories Customer Service department for assistance.

**Collection Instructions:**

- 1)** Before you draw the blood, place the foam freezer brick into a freezer until frozen solid (usually about 6 hours).
- 2)** Draw the blood into the supplied EDTA purple top tube. Fill the tube completely (minimum 5 ml) and invert 10 times to ensure mixing. **DO NOT FREEZE THE SPECIMEN.**
- 3)** Write the patient's name, the date of collection, and patient's date of birth on the tube. ***The test cannot be performed without the patient information on the tube.***
- 4)** In the collection information section of the requisition form (located in the upper right hand corner) fill in the specimen collection date. Place the blood tube into the clear plastic protective tube and cap it. Place the tube into the zip-lock bag. Retrieve the foam freezer brick and place into insulated box with zip-lock bag containing the specimen.

**TIP:** To more easily remove the cap on the clear plastic protective tube, rock the cap back and forth while pulling.

- 5)** 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 insulated box. Place in blue shipping bag, label and dispatch.

To obtain the best results, Doctor's Data recommends shipping specimens as soon as possible. The specimen must be shipped the same day it is collected. **Clotted or frozen tubes are not acceptable and will require a redraw.**

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