

Shipping Information:

Because of overseas shipping requirements, we do not receive samples on Weekends or Bank Holidays Please ensure your samples are received by us no later than Friday Middy. DO NOT SHIP ON A FRIDAY.

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 do not meet this criteria.

Returning your samples in the UK via UPS .Enclosed you will find a return shipping label for our courier service. Should you choose to use this service then you will be charged an additional fee , details of which are seperately enclosed or can be found on our website..

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 web-site at www.ups.com/dropoff. Alternatively the UPS home /office collection service normally offer a 4 hour collection window. Please see the enclosed shipping information sheet.

Please Track the status of your shipment, copy the tracking number on your shipping label and track its progress (after your courier has collected the sample) using the UPS website. Regenerus Laboratories do not keep records of your tracking number.



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Code TEE16

Collection Instruction for Plasma Methylation

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 very 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, and vitamins containing folate unless otherwise directed by your physician. Never discontinue prescription medications without first consulting your physician.

**The samples must be received at our centre within 5 days after collection.
Verify Kit Contents:**

1 Zip-lock bag marked STORE IN REFRIDGERATOR containing: 1 EDTA lavender top tubes
1 Plastic transfer pipette
1 Clear-capped 8 ml plasma Transfer vial w/ acetic acid Preservative*
1 Absorbent material

1 Polar Pack gel ice brick
1 Styrofoam insulating container
1 Zip-lock bag with absorbent material
1 Test requisition form
1 Shipping and Materials Instruction form
1 Shipping Label (UK and IRL only)

*Vial contains approximately 5mL 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 our 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 brick into a freezer until frozen solid (about 6 hours) for shipping with your sample.
- 2) Draw the blood into the 1 EDTA (lavender top) tube and invert 10 times to mix. Specimen must be processed and stored in a refrigerator within 45 minutes of collection.
- 3) Within 15 minutes of the blood draw, centrifuge the tube for at least 10 minutes. Promptly remove the tubes when the centrifuge stops.
- 4) Prepare to pipette plasma into the supplied transfer tubes. It is critical that you do not pipette from the bottom of the plasma layer. Avoid pipetting any white or red blood cells. Do not use plasma that is hemolyzed (red color).

For this test “Plasma Methylation Test”

- I) Remove the clear-capped 8mL plastic transfer vial from the bag marked “STORE IN REFRIDGERATOR”. Using the disposable pipette supplied, pipette plasma into the clear-capped 8mL plastic transfer vial w/ acetic acid preservative. Fill to the line marked “5mL”- do not fill above the line. 3mL is the minimum amount of plasma required. Mix by inverting the tube at least 5 times.
- II) Write the patients name, the date of collection and patients date of birth on the transfer vial. The test cannot be performed without the information on the vials
- III) Place the vial into the zip lock bag, then place the bag into a refrigerator until ready to ship “Do Not Freeze”

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 cardboard shipping box. The specimen is now ready for shipment.

6) 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 specimens 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, the analysing laboratory, Doctors 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 the zip-lock bag marked “STORE IN REFRIDGERATOR” in refrigerator and return the gel ice brick into the Freezer freezer until you are ready to ship.

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