

Shipping Instructions

Please ship using DHL:

To book your collection, please follow the steps below. The airway bill supplied with your kit has all the required information on it.

1. Phone DHL (find the local number by going on their website www.dhl.com).
2. Arrange for a collection from your address.
3. Provide the **address of the receiver** when asked (pre-filled on the airway bill supplied with your kit): Nordic Laboratories, Nygade 6, 3.sal 1164 Copenhagen, Denmark. **Tel:** 0045 33 75 1000
4. Provide the following account number when asked: **968083329**. Do NOT pay anything to DHL yourself.
5. When asked state that the delivery option is **Express Worldwide**. This service is ideal for your sample. No other delivery option is necessary even if DHL suggest so*.
6. Provide the weight 0.5kg when asked. If asked for dimensions, say you do not have them. This is ok.
7. If requested the package contents should be declared as Exempt Human Specimen
8. You will need to give DHL a pick up time. The window of time they require, differs from country to country and region to region. But normally it is 2-4 hours.
9. Keep note of the reference number DHL give you for the pick.
10. Wait for DHL to pick up the parcel, giving them the airway bill. They will sign it and give you a copy.
11. On the top of the airway bill is an 8 digit number. This is the tracking number and you can track your shipment on the DHL website: www.dhl.com.

If you have any questions then please do give us a call 0045 33 75 1000, we will be very happy to help in anyway.

*** Please note that in the event of any other DHL delivery option (such as 'Before 9am', or 'Before 12pm') being selected a £50 surcharge will be added to your**

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Nordic Laboratories
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Fatty Acid Bloodspot Analysis

Specimen Collection Instructions



Note: Patient must have fasted for at least 8 hours prior to collection.

Test Kit Includes

- Absorbent collection card
- 2 Disposable lancets
- 2 Sterile alcohol prep pads
- Absorbent pad
- 2 Plasters
- Test order form
- Specimen collection kit box
- Re-sealable plastic bag
- Return addressed envelope

Please read all instructions carefully before beginning.

Patient Preparation

- **Patient must be fasting for 8 hours.** Drinking water is ok.
- It is not necessary to discontinue nutritional supplements prior to this test.

Sample Collection

- 1 Write name and date of collection where indicated on the absorbent card with the four circles on it.
- 2 Add the date of collection on the test form where specified. Place the form in the return addressed envelope.
- 3 Remove the clear cover from the lancet. The red end of the lancet has a small hole in the center; this will be the end that you push against your finger to engage the needle.



4 Warm your hands under warm water for a few minutes. Dry hands, then select your middle finger. Gently massage the entire length of the finger to increase the temperature and improve circulation.



5 Clean the tip of your finger with the alcohol pad.

6 Hang your arm down and gently shake your fingers for a few seconds to increase blood pools in the finger.



7 Choose a site on the middle fingertip. **Push** the red end of the lancet firmly against your fingertip to release the needle. Once the needle is released and has made a small puncture in your finger, it will immediately retract and is safe to dispose of.



8 Using your thumb, gently massage the entire length of the pricked finger to form repeated blood drops. As each drop forms, touch the tip of the drop to a circle on the absorbent collection card. **Do not touch fingertip to the card.**



9 Repeat until blood has soaked to the border of the circle on the absorbent collection card. Continue this procedure for **all Four** circles. Check the back of the card to ensure that the blood has soaked through.

10 If you are unable to get sufficient blood from the first collection, return to step 3. Use a different finger. All four circles must be filled.

11 Use the enclosed plasters as needed.

12 Allow the collection card to air dry for approximately 24 hours. **If the card is not completely dry, your sample may be unusable.**

13 Place the dried card into the plastic bag and seal it. Put both the plastic bag containing the dried card and the order form into the return addressed envelope and post back to Nordic Laboratories.

If you have any questions, please contact our customer services on Tel. 0045 33 75 1000 or email info@nordic-labs.com