SpectraCell Laboratories
Science + Health + Solutions

# SPECIMEN COLLECTION & HANDLING PROCEDURES

## IMPORTANT NOTICE

**Collect Monday–Friday**
Not on or the day before a federal holiday

**Verify tube expiration**
Check the date on every tube before collection

**Use a 21-gauge needle**
Strongly recommended for specimen collection

**Label every tube**
Patient name, date of birth and date of collection

| Test | Fasting | Collection Tube (Qty) | Mixed by Inverting | Clot Before Centrifuge | Centrifuge | Refrigerate Until Shipped |
|---|---|---|---|---|---|---|
| Micronutrient (MNT) | N/A | ACD (2) | 8 x | No | No | N/A |
| LPP Plus | **Yes** (9–12 hrs) | SST[1] (2) | N/A | **Yes** (20–30 mins) | **Yes**[2] (3000 rpm for 15 mins) | **Yes** |
| Telomere | N/A | BLU (1) | 6 x | No | No | N/A |
| MTHFR | N/A | LAV (1) | 6 x | No | No | N/A |
| Immune Health | N/A | ACD (2) | 8 x | No | No | N/A |
| Mental Health | N/A | ACD (2) | 8 x | No | No | N/A |
| Energy Optimization | N/A | ACD (2) | 8 x | No | No | N/A |
| Weight Optimization | N/A | ACD (2) | 8 x | No | No | N/A |
| AgeNexus | N/A | ACD (2) | 8 x | No | No | N/A |
| | | BLU (1) | 6 x | No | No | N/A |
| CardiacNexus | **Yes** (9–12 hrs) | SST[1] (2) | N/A | **Yes** (20–30 mins) | **Yes**[2] (3000 rpm for 15 mins) | **Yes** |
| | | LAV (1) | 6 x | No | No | N/A |
| Cardi-A1c | **Yes** (9–12 hrs) | SST[1] (2) | N/A | **Yes** (20–30 mins) | **Yes**[2] (3000 rpm for 15 mins) | **Yes** |
| | | LAV (1) | 6 x | No | No | N/A |
| BaselineNexus | **Yes** (9–12 hrs) | ACD (2) | 8 x | No | No | N/A |
| | | SST[1] (2) | N/A | **Yes** (20–30 mins) | **Yes**[2] (3000 rpm for 15 mins) | **Yes** |
| | | BLU (1) | 6 x | No | No | N/A |
| | | LAV (1) | 6 x | No | No | N/A |



**ACD**
ACD Solution A



**SST**
Serum Separator



**LAV**
EDTA



**BLU**
Sodium Citrate

1. SST only: Place SST tubes directly against and between all frozen ice packs. Keep ACD and other tubes away from the ice packs.
2. Do NOT pour off the serum.

## SPECIMEN PACKAGING – ALL SPECIMENS SHOULD BE PACKAGED IN ONE KIT

### Micronutrient (MNT) Kit Only

1. Freeze all ice packs for 24 hours before collection.* (Use ALL ice packs included in the kit)
2. Place tubes in foam holder and seal inside biohazard bag. Place requisition in outside pocket.
3. Place all ice packs in small compartment. Place ACD tubes (inside foam holder/biohazard bag) in large compartment.
4. Secure Styrofoam lid and tape cardboard lid closed.

### Telomere/MTHFR Kit Only

1. Place tube(s) in silver envelope.
2. Remove paper strip and seal envelope securely.
3. Place the sealed silver envelope and completed requisition into the return shipping bag.

### LPP Plus Kit Only

1. Freeze all ice packs for 24 hours before collection.* (Use ALL ice packs included in the kit)
2. Place tubes inside biohazard bag. Seal it and place requisition in small compartment.
3. Place SST tubes directly against and between all frozen ice packs in large compartment.
4. Secure Styrofoam lid and tape cardboard lid closed.

### Multiple Tests in One Kit

1. Freeze all ice packs for 24 hours before collection.* (Use ALL ice packs included in the kit)
2. Place tubes in foam holder and seal inside biohazard bag. Place requisition in outside pocket.
3. SST tubes: Place between ice packs in large compartment.
4. All other tubes: Place in small compartment. Do not place ACD tubes directly against frozen ice packs.
5. Secure Styrofoam lid and tape cardboard lid closed.



**BOX KITS: TAPE THE BOX CLOSED WITH THE RED SEAL STICKER.** The sticker is included in your kit. Close the cardboard lid, peel off the backing and press the sticker across the front edge of the lid, half on the lid and half on the box.

## SPECIMEN RETURN SHIPPING INSTRUCTIONS

All specimens MUST BE SHIPPED OVERNIGHT on the same day they are collected.

### Hand It to FedEx

Give the kit to a FedEx pickup driver or take it inside a FedEx facility.

To schedule a pickup, call 1-800-GoFedEx (1-800-463-3339).

**DO NOT use a courier drop box or third-party mail center.**

### Domestic Shipping

The prepaid FedEx Priority Overnight label is already affixed to your SpectraCell kit.

### UPS Shipping

Available upon request from Customer Service.

### International Shipping

A prepaid FedEx Priority Overnight return label is affixed to the pouch on the FedEx bag.

1. Complete all 3 Commercial Invoices in your kit.
2. Put 2 additional return labels and the completed Commercial Invoices in the pouch.
3. Place the kit inside the FedEx bag.

Call SpectraCell Labs Client Services at **800.227.5227** with any questions regarding specimen requirements or shipping instructions.