

# COLLECTION INSTRUCTIONS



## **INSTRUCTIONS FOR:** KRAFT PREDIABETES FOUR HOUR PROFILE

**WHEN TO SHIP:** Monday through Thursday only

### **OBSERVED HOLIDAYS:**

New Years Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day and following day, Christmas Day.

*\*Do not ship the day before an observed holiday.*

### **IMPORTANT NOTES FOR TEST:**

- ✓ Place ice pack into freezer, upon receipt of test kit.
- ✓ Patient's first and last name, date of birth, sex, and date of collection must be recorded on the Test Requisition Form as well as all Transfer tubes using a permanent marker, or the test may not be processed.

### **KIT CONTAINS:**

- 1 Requisition Form
- 1 Instruction Sheet
- 1 Ice Pack
- 2 Foil bubble-pack envelopes
- 6 SST Tubes
- 2 Sets of Timed Labels
- 1 Biohazard Bag
- 1 Shipping Box
- 6 Disposable Pipettes
- 1 - 100g Bottle of Glucola™
- 1 Mailer
- 6 Transfer Tubes
- 1 Return Shipping Label *(Included if shipped within U.S. or Canada)*

### **PATIENT INSTRUCTIONS:**

- 1) Schedule procedure in the morning. Check with the blood drawing facility, it may be required to arrive early in order to have paperwork processed.
- 2) Draw patient Monday through Thursday only.
- 3) A driver may be necessary as some patients experience nausea, faintness, and/or weakness.
- 4) Food or drink may be brought to consume **after** the test is completed.
- 5) **AN 8-12 HOUR FAST IS REQUIRED BEFORE THE TEST IS PERFORMED.**
- 6) Take entire collection kit to the drawing facility, including the frozen ice pack.
- 7) Complete the enclosed requisition form; include payment (if required). Document the time of each blood draw and the time of Glucola administration.
- 8) Glucose and Insulin will be tested for each specimen collected.

### **COLLECTION INSTRUCTIONS:**

**\*\*NOTE:** Before starting the test, it is recommended to perform a finger stick Fasting Glucose level with a Glucometer - the fasting glucose level should be between 70 and 110 mg/dL. An elevated fasting blood sugar is not a reason to stop the test, as it is no different than the patient eating a meal. Additional care may be indicated. **\*\* (Instructions cont. on pg 2)**



**Meridian Valley LAB**

**1-855-405-TEST (8378)**

# COLLECTION INSTRUCTIONS



## **COLLECTION INSTRUCTIONS:** (cont. from pg 1)

1. Draw blood into provided SST tubes at the following intervals (Avoid hemolysis; i.e. difficult draws as hemolysis will suppress the results):
  - a. Fasting (Before Glucola™)
  - b. Have the patient drink the Glucola™ containing 100g of Glucose. This should be totally consumed within five minutes.
  - c. One-half hour after the patient finishes the Glucola™, draw a 1/2-hour specimen.
  - d. **One hour after the patient finished the Glucola™** draw a 1-hour specimen. This is 1/2-hour after the 1/2-hour specimen is collected.
  - e. The remaining specimens should be drawn at hours 2, 3; etc. after the Glucola™ is finished, until desired number of hours is reached.
2. **Label Specimens** with the patient's name and hour of collection: Fasting, 1/2, 1, 2, 3 hour, etc.  
***This step is crucial.***
3. Allow specimens to clot for at least 30 minutes prior to centrifuging. Centrifuge for at least 10 minutes.
4. **Label the transfer tubes** with the patient's name, date of birth and hour of collection: Fasting, 1/2, 1, 2 hour, etc. This step is vital; **please handle one sample at a time.**
5. Pipette the serum and place into the transfer tube. Minimum of 2.0 mL of serum is required. Tighten the top of the transfer tube.
6. The lab must receive the samples **WITHIN 24 HOURS**. If that is not possible, freeze samples until ready to ship. Note on requisition form "Specimens frozen".
7. Complete the enclosed requisition form; include payment (if required).

## **SHIPPING INSTRUCTIONS:**

1. Place transfer tubes into the biohazard bag.
2. Place the requisition form in the outside pocket of the biohazard bag.
3. Place the frozen ice pack and biohazard bag into the smaller of the two foil bubble-pack envelopes. Fold the excess over the bag to close it but **DO NOT SEAL** the bag.
4. Place the smaller foil bubble pack into the larger foil bubble pack, fold over to close, but **DO NOT SEAL** the bubble pack.
5. Place the large foil bubble pack and its contents into the MVL cardboard shipping box and close the box. **DO NOT SEAL** box with tape.
6. Place return shipping label with the bar code on outside of the mailer.
7. Save customer receipt portion with the tracking number for your records.
8. Place the MVL cardboard box in the the mailer and seal securely.
9. Ship back to Meridian Valley Lab using the provided courier service located on your mailer and return shipping label.
10. Ship Monday through Thursday and avoid U.S. holidays to prevent undue delays.

**To find a drop off location, follow the link: UPS: [https://www.ups.com/dropoff?loc=en\\_US](https://www.ups.com/dropoff?loc=en_US)**

**Proper collection makes a difference in your test results! If you have questions about how to collect for this test, please call us at 855-405-TEST (8378).**



**Meridian Valley LAB**  
**1-855-405-TEST(8378)**

