

COLLECTION INSTRUCTIONS



INSTRUCTIONS FOR: SERUM FOR MULTIPLE TESTS

CAREFULLY READ COLLECTION AND SHIPPING INSTRUCTIONS THOROUGHLY BEFORE BEGINNING.

WHEN TO SHIP: Monday - Thursday

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.*

NOTES FOR PATIENT:

- ✓ 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 printed label.

KIT CONTAINS:

- 1 Requisition Form
- 1 Instruction Sheet
- 4 Gel Free Red Top Tubes
- 2 Clear Transfer Tubes
- 2 Amber Transfer Tubes
- 1 Disposable Pipette
- 1 Biohazard bag
- 1 Return Shipping Label *(Included if shipped within U.S. or Canada)*
- 1 Ice Pack
- 1 Mailer
- 2 Foil Bubble-Pack Envelopes
- 1 Cardboard Shipping Box

INDIVIDUAL SERUM TESTS INCLUDE:

Hormones:

- Aldosterone
- Cortisol
- Complex PSA
- C Peptide
- DHEA
- DHEA-SO4
- Estradiol
- Estrinol
- Estrone
- FSH
- Human Growth
- Hormone IGF-1 (fasting)
- IGF-1 BP3
- Insulin (fasting)
- LH
- Pregnenolone
- Progesterone
- Prolactin
- PSA Free and Total
- Sex Hormone: Male/Female
- SHGB
- Testosterone
- Vitamin D

Miscellaneous:

- ANA Titer Reflexive
- Cholesterol (fasting)
- CRP/CRP HS
- Ferritin
- Hepatitis Profile
- Immunoglobulin IGG Subclasses
- Methylmalonic Acid
- Oxidized LDL
- RA Factor
- Total IGE
- Toxoplasma Gondii Antibodies
- Vitamin B12 (Amber Tube)



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

6839 Fort Dent Way, Ste. 206 Tukwila, WA 98188 • Tel 206.209.4200 • Fax 206.209.4211

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1. Before collection, verify on requisition form if fasting is required. If so, fast 8-12 hours (only water).
2. Draw 4 gel-free red top tubes. If progesterone is ordered, an early morning draw is preferred.
3. Allow at least 15-30 minutes for the blood to clot. Centrifuge for at least 10 minutes.
4. Pipette the separated serum into all transfer tubes. Do not pick up any red blood cells.
5. Label the transfer tubes with the patient's name and date collected.
6. Refrigerate the serum immediately. Keep refrigerated until ready to ship.
7. Complete the enclosed requisition form; included payment (if applicable).

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 biohazard bag and ice pack into the smaller of the two foil bubble-pack envelopes. Fold the excess over the bag to close, but **DO NOT SEAL** the bubble pack.
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 the outside of the mailer.
7. Save the customer receipt portion with the tracking number for your records.
8. Place the MVL cardboard shipping box in 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

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).



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