





The quality of laboratory results is highly dependent upon proper specimen collection and processing. SpectraCell Laboratories does not accept samples on Sunday, Monday, or federal holidays. Therefore, **DO NOT** collect or ship any samples Saturday or Sunday.





**All samples MUST be labeled with PATIENT NAME, DATE OF BIRTH, and DATE OF COLLECTION.**

**It is strongly recommended that a 21 gauge needle be used for specimen collection.**

Sequence of Draw	Tests	Collection Tube	Instructions
First	Micronutrient	<b>ACD Solution A Yellow Top (8.5 ml)</b>  <b>Whole Blood</b>	<ul style="list-style-type: none"> <li>Collect 2 ACD (Sol. A) Yellow Top tubes.</li> <li>Mix by inverting 8 times.</li> <li><b>Do not refrigerate, freeze or centrifuge.</b></li> <li><b>Ship in the Micronutrient kit provided.</b></li> <li><b>Label with patient name, DOB, and date of collection.</b></li> </ul>
	<b>CardioMetabolic*</b> <b>Pre-Diabetes*</b> <b>LPP™</b> <b>Hormones</b> <b>Thyroid</b> <b>CMP - Comprehensive Metabolic Panel</b> <b>BMP - Basic Metabolic Panel</b>	<b>SST (7.5 ml)</b>  <b>Serum</b>	<ul style="list-style-type: none"> <li><b>Fasting:</b> 9-12 hrs, except Hormones &amp; Thyroid</li> <li>Collect 1 or 2 SST tubes depending on combination selected; must be filled completely.</li> <li><b>Clotting time:</b> 20-30 min</li> <li>Centrifuge within one hour of collection for 15 min. at 3000 rpm.</li> <li>Keep refrigerated until shipped.</li> <li><b>Ship with the frozen ice brick in the refrigerated kit provided.</b></li> <li><b>Label with patient name, DOB, and date of collection.</b></li> </ul>
	<b>CardioMetabolic (HgbA1c)*</b> <b>OmegaCheck™</b> <b>Pre-Diabetes (HgbA1c)*</b> <b>Genetics (except Telomere)</b> <b>Complete Blood Count (CBC w/diff)</b>	<b>Purple Top (EDTA)</b>  <b>Whole Blood</b>	<ul style="list-style-type: none"> <li><b>Fasting:</b> Preferred but not required for OmegaCheck. It is recommended that patients not take a fatty acid supplement within 12-24 hours.</li> <li>Collect 1 or 2 Purple Top (EDTA) tubes depending on test combination selected; must be filled completely.</li> <li>HgbA1c, OmegaCheck, and Genetics may be drawn in one tube.</li> <li><b>CBC requires a separate tube.</b></li> <li>Mix by inverting 5-6 times</li> <li><b>Do not centrifuge or freeze.</b></li> <li><b>Ship with the frozen ice brick in the refrigerated kit provided.</b></li> </ul>
Last	Telomere	<b>Blue Top (Sodium Citrate)</b>  <b>Whole Blood</b>	<ul style="list-style-type: none"> <li>Collect 1 Blue Top (sodium citrate) tube.</li> <li>Mix by inverting 5-6 times</li> <li><b>Do not centrifuge or freeze.</b></li> <li><b>Ship in the Micronutrient or refrigerated kit provided.</b></li> <li><b>Label with patient name, DOB, and date of collection.</b></li> </ul>

\* CardioMetabolic and Pre-Diabetes each require 1 SST and 1 Purple Top tube.

## COMMON ORDERING SCENARIOS

Scenarios	ACD Sol. A (8.5 ml)	SST (7.5 ml)	Purple Top (EDTA)	Blue Top (Sodium Citrate)
				
Micronutrient	2			
CardioMetabolic		1	1	
Pre-Diabetes		1	1	
LPP™		1		
Hormones		1		
Thyroid		1		
Genetics (except Telomere)			1	
Telomere				1
Complete Blood Count (CBC)			1	
Comprehensive Metabolic Panel (CMP) or Basic Metabolic Panel (BMP)		1		
OmegaCheck™			1	
If all tests ordered	2	2	2	1

## Specimen Collection & Processing

- Determine the specimen requirements from the chart above.
- Freeze ice bricks for 24 hours before drawing specimen(s) requiring refrigeration.
- Draw the tubes in the proper sequence as shown above.
- Specimens **MUST** be labeled with the following patient identifiers:  
**PATIENT NAME, DATE OF BIRTH, and DATE OF COLLECTION.**
- Follow the temperature requirements outlined in the chart above.
- Place completed requisition in outside pocket of biohazard bag.
- All specimens **MUST BE SHIPPED OVERNIGHT** on the same day they are drawn.
- MICRONUTRIENT AND REFRIGERATED KITS SHOULD BE MAILED IN THE SAME FEDEX LAB PACK.**
- Call 1-800-GoFedEx (1-800-463-3339) to schedule a pickup. **DO NOT USE A FEDEX DROP BOX.**