



US FedEx Shipping Instructions

- 1) Ship specimens Monday through Friday. If you complete the collection on the weekend, hold the specimen until the following Monday to ship.
- 2) Place the cardboard kit box containing the specimens and the completed test requisition form into the FedEx Clinical Pak.
- 3) Write your name and address in the space provided on the prepaid Billable Stamp and tear off the Customer Receipt for your records.
- 4) To schedule a pickup, call FedEx toll-free at 1-800-463-3339 (1-800-GO FEDEX). When you hear the automated greeting, say "Schedule a Pick-up." At the next prompt, say "Schedule a Pick-up with a Label or Stamp." You will then be asked if the word "Stamp" is written on the waybill; reply "Yes". You will be asked if your pickup location is a residence or a business; respond with your location type. You will then be prompted for your address information.

Do not use a drop box. FedEx will not accept specimens placed into a drop box.

If you are located in the United States and choose to use a different courier or level of service than provided or are located outside the United States, you must make your own shipping arrangements at your own expense.



US & CANADA: 1.800.323.2784 - UK: 0871.218.0052
ELSEWHERE: 1.630.377.8139 - FAX: 1.630.587.7860
3755 Illinois Avenue, St. Charles, IL USA 60174-2420
inquiries@doctorsdata.com - www.doctorsdata.com

Red Blood Cells (RBC) Elements

Before You Start:

Please read all of the directions, and familiarize yourself with the collection procedures.

The test requires no special diet but It is recommended that the blood be drawn before breakfast after an overnight fast. Other collection times can cause deviations in patient results. Please refrain from taking non-essential medications, and dietary supplements that contain minerals for 72 hours prior to the specimen collection, unless otherwise instructed by your physician. Never discontinue prescription medications without first consulting your physician.

Phlebotomist Notes:

Tubes: Require Trace-Metal Free Royal Blue EDTA tube. Collect trace-metal tube last.

Processing: Hard Spin - must remove all plasma including buffy coat.

Rejection: < 1 mL of packed Red Blood cells.

Shipping/Stability: Can be stored at Room Temperature prior to shipping.

Verify Kit Contents:

- 2 Trace-metal free EDTA Royal Blue-top tubes
- 1 Plastic transfer pipette
- 2 Clear plastic protective tubes
- 1 Zip-lock bag with absorbent material
- 1 Test requisition form
- 1 FedEx Clinical Pak with Prepaid Billable Stamp

- ◆ If you are missing kit components, please call Doctor's Data's Customer Service department for assistance.
- ◆ Save the cardboard collection kit box to ship your samples back to the laboratory.

Collection Instructions (fasting morning draw recommended):

1) Draw the blood into the 2 supplied blue-top trace element free tubes. Fill the tubes completely (minimum 5 mL per tube) and invert 10 times to ensure mixing.

2) Write the patient's name, the date of collection, and patient's date of birth on both tubes. **The test cannot be performed without the patient information on the tubes.**

3) Within 30 minutes of initial blood draw, centrifuge the tubes for at least 15 minutes at a minimum of 1500 g's. Promptly remove the tubes when the centrifuge stops.

4) Remove the caps from the tubes. Using the disposable pipette provided, remove and discard all the plasma, including the white buffy layer.

5) Leave the cells on the bottom of the tubes and reseal the tubes with the original caps. A minimum of 2mL packed cells is required for processing.

6) In the collection information section of the requisition form (located in the upper right hand corner) fill in the specimen collection date. Place the cell tubes into the clear plastic protective tubes and cap them. Place the tubes into the zip-lock bag, then place the bag and contents into the cardboard shipping box.

TIP: To more easily remove the caps on the clear plastic protective tubes, rock the caps back and forth while pulling.

7) Fill out the test requisition form completely and sign it. **The test cannot be performed without a properly filled out requisition.** Place the completed requisition form in the cardboard shipping box. The specimens are now ready for shipment.

For best results, Doctor's Data recommends shipping specimens as soon as possible. If you cannot ship the specimens on the same day you finish the collection such as over a weekend or holiday, put the specimens into a refrigerator until you are ready to ship the test collection kit.

Consult your physician if you have any questions during the test collection process.