






The quality of laboratory results is highly dependent upon proper specimen collection and handling. Collect and ship samples **Monday-Friday, except on, or the day before, federal holidays.** SpectraCell accepts samples **Tuesday-Saturday.**

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	Collection Tubes	Instructions
FIRST	 Micronutrient (MNT) ACD Solution A (Yellow Top 8.5 ml) Whole Blood	<ul style="list-style-type: none"> No fasting required Collect 2 FULL tubes. Invert 8 times immediately after drawing. Do not centrifuge, refrigerate, freeze or place tubes next to frozen ice brix. Label with Patient Name, DOB, and Date of Collection.
	 LPP® Plus LPP® Basic SST (Serum Separator 7.5 ml)	<ul style="list-style-type: none"> Fasting required: 9-12 hrs. Collect 1 FULL SST tube. Clotting time: 20-30 minutes. Centrifuge for 15 minutes at 3000 rpm; do not pour off. Refrigerate until shipped; ship with ice brix frozen. Label with Patient Name, DOB and Date of Collection.
	 MTHFR Purple Top (EDTA) Whole Blood	<ul style="list-style-type: none"> No fasting required. Collect 1 FULL tube. Invert 6 times immediately after drawing; do not centrifuge or freeze. Not temperature sensitive Label with Patient Name, DOB and Date of Collection.
	 Telomere Blue Top (Sodium Citrate) Whole Blood	<ul style="list-style-type: none"> No fasting required. Collect 1 FULL tube. Invert 6 times immediately after drawing; do not centrifuge or freeze. Not temperature sensitive. Label with Patient Name, DOB and Date of Collection.
LAST	 COVID-19 Antibody Test Purple Top (EDTA) Whole Blood	<ul style="list-style-type: none"> No fasting required. Collect 1 DEDICATED HALF FULL tube Invert 6 times immediately after drawing; do not centrifuge or freeze. Refrigerate the sample at 2-8°C until shipping; ship with ice brix frozen. Label with Patient Name, DOB and Date of Collection.

COMMON ORDERING SCENARIOS

Scenarios	ACD Sol. A (8.5 ml)	SST (7.5 ml)	Purple Top (EDTA)	Blue Top (Sodium Citrate)
Micronutrient	2			
LPP®		1		
MTHFR			1	
Telomere				1
COVID-19 Antibody Test			1	
If all tests ordered	2	1	2	1

SPECIMEN COLLECTION & HANDLING - ALL SPECIMENS WILL BE PACKAGED IN ONE KIT

Micronutrient (MNT) Kit

Please read temperature requirements carefully as it greatly affects MNT success.

- Freeze ice brix for 24 hours before drawing MNT specimen(s) if outside temperatures are above 90°F.
- Draw the tubes following the instructions in the chart above.
- Place the specimens inside the foam holder and then in the biohazard bag and place the requisition in the outside pocket of the biohazard bag.
- Place ACD tubes in the smaller compartment and the ice brix in the larger compartment of the Styrofoam box and set the Styrofoam lid securely in place and close the cardboard lid. You may use tape to secure the cardboard lid if necessary.
- Domestic Shipping:** Shipping label is affixed to the box. Call 1-800-GoFedEx (1-800-463-3339) to schedule a pickup. **International Shipping:** Place box inside FedEx bag, seal it and affix the shipping label on the bag. Call 1-800-GoFedEx (1-800-463-3339) to schedule a pickup.
- DO NOT USE A FEDEX DROP BOX.**

Combo Kit:

- Determine the specimen requirements from the collection chart above.
- Freeze ice brix for 24 hours before drawing specimen(s) requiring refrigeration.
- Draw the tubes in the proper sequence as shown above. All specimens should be placed in the biohazard bags provided. Place the requisition(s) in the outside pocket of one of the biohazard bags.
- All other tests (Non-MNT):** Place tubes in the larger compartment of the Styrofoam box together with ice brix. **For MNT:** Place tubes in smaller compartment. Set the Styrofoam lid securely in place and close the cardboard lid. You may use tape to secure the cardboard lid if necessary.
- Domestic Shipping:** Shipping label is affixed to the box. Call 1-800-GoFedEx (1-800-463-3339) to schedule a pickup. **International Shipping:** Place box inside FedEx bag, seal it and affix the shipping label on the bag. Call 1-800-GoFedEx (1-800-463-3339) to schedule a pickup.
- DO NOT USE A FEDEX DROP BOX.**

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