

IMPORTANT MEDICATION INFORMATION

- **Daily Medications:** Taken on a regular basis are acceptable
 - Examples: Medications for hypertension, asthma, heart disease, 5-10 mgs of Prednisone for chronic arthritis, IBS, etc.

- **Weekly Medications:**
 - Examples: Methotrexate, etc.
Have blood draw the day before or morning of next therapy

- **Short Course Medications:**
 - Example: Medrol dose pack.
Have patient complete medication and wait 5 days before blood draw

- **High dosages of Vitamin C:** (reduce to 2500mg per day for 3 days)

- **Antihistamines:** Stop 3-5 days before blood draw

- **Antibiotics:** (Bacterial or Viral Infection) Wait for acute symptoms to abate

- **Dental Antibiotic Prophylaxis:** Can draw blood anytime

Note: Medications or Supplements

- **If early AM draw, take medications or supplements directly after blood draw**


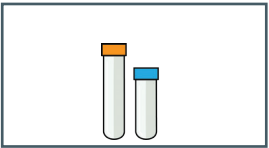
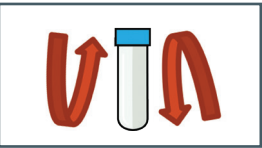
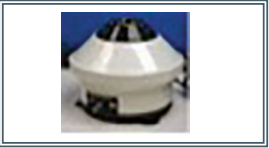





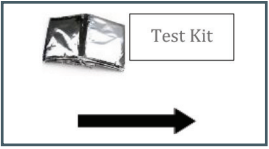


- **If medications or supplements have been taken- wait 3 hours before blood draw**

If you have any further questions regarding drug interactions, please contact us by calling 800-872-5228 for additional details.

***PLEASE CONSULT WITH YOUR PHYSICIAN BEFORE STOPPING OR REDUCING ANY MEDICATIONS**

COLLECTION/SHIPPING INSTRUCTIONS

**Specimens must be shipped the SAME DAY blood is drawn.
Check with your shipping carrier prior to draw
to determine the cutoff time for overnight delivery service.**

		
<p>1. Complete CSS Requisition Form & see inside pages for vial selection *</p>	<p>2. Collect appropriate number of vials and fill to capacity</p>	<p>3. Immediately invert 6-10 times. Do not shake.</p>
<p>1. Patient Name 2. Time & Date of collection</p>		
<p>4. Label vials with patient name, time and date of collection</p>	<p>5. Centrifuge Gold vial for 15min. at 2200 - 3000 RPM - for methyl detox and homocysteine tests only</p>	<p>6. Place vials in foam sleeve</p>
		
<p>7. Place foam sleeve into biohazard bag</p>	<p>8. Place requisition form into rear pouch of biohazard bag & seal</p>	<p>9. Place biohazard bag into silver insulated bag</p>
		
<p>10. If temperature exceeds 78° F, use frozen ice packs</p>	<p>11. Place insulated bag into the box provided</p>	<p>12. Place box into pre-paid Laboratory Pak and seal**</p>
	<ul style="list-style-type: none"> • UPS – 1-800-823-7459. Request latest possible when asked about special instructions • FedEx – 1-800-463-3339. Follow Prompts. * Incomplete requisition forms may cause delay in results ** Up to 4 test kits may be shipped in (1) Laboratory Pak 	
<p>13. Call your shipping carrier & schedule a same day pick-up/drop-off. NO DROP BOX</p>		

TIPS FOR PROPER COLLECTION/SHIPPING

1. Draw Blood Monday-Saturday ONLY
2. No freezing or refrigerating
3. Specimens must be shipped the SAME DAY blood is drawn
4. Fill vials to capacity. Failure to do so may result in recollection notice
5. Immediately invert vials 6-10 times. Do not shake
6. Label vials with patient name, time and date of collection
7. During times of high temperature, 78° F or higher, remember to include frozen ice packs with specimen
8. DO NOT dispose of used needles in test kit

*** IMPORTANT INFORMATION
FOR METHYL DETOX AND HOMOCYSTEINE ONLY**

To ensure an accurate homocysteine reading, the gold top vial:

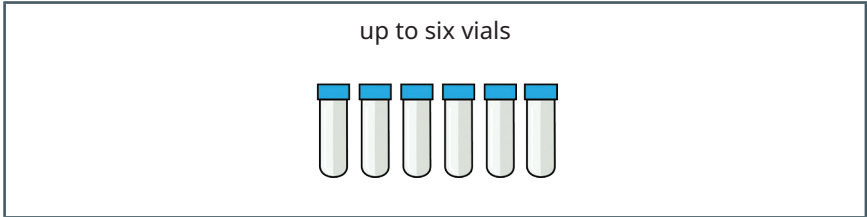
1. Should be gently inverted 5 times
2. Allow blood to clot for at least 30 mins in a vertical position
3. Centrifuge for 15 mins at 2200-3000 rpm within 1 hour of draw

Please note: If only testing for homocysteine, the blue top vial is not needed

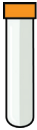
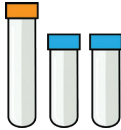



VIAL COLLECTION INSTRUCTIONS

Alcat Tests:

Refer to the requisition form for vial count



Individual Tests:

<p>* Homocysteine</p>  <p><i>gold top must be centrifuged within one hour</i></p>	<p>GHP</p> 	<p>GHP (Genetic ONLY)</p> 
<p>* Methyl Detox</p>  <p><i>gold top must be centrifuged within one hour</i></p>	<p>Vitamin D</p> 	<p>Telomere</p> 