



## RBC Elements Profile

### 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 preferred that the blood be drawn before breakfast after an overnight fast. 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.*

**Phlebotomists:** You must use the DDI provided tubes which are special, trace element free tubes. Other tubes are not acceptable for this analysis. Use a 22 gauge or larger needle to prevent loss of weakly bound cell calcium. When drawing multiple tubes, collect the trace element-free tubes last.

### Verify Kit Contents:

- 2 Potassium EDTA trace element free tubes
- 1 Plastic transfer pipette
- 2 Clear plastic protective tubes
- 1 Zip-lock bag with absorbent material
- 1 Test requisition form
- 1 DHL Lab Pack with EZ Return label

- ◆ If you are missing kit components, please call Doctor's Data's Customer Service department at 1-800-323-2784 for assistance.
- ◆ Save the cardboard collection kit box to ship your samples back to the laboratory.
- ◆ Consult your physician if you have any questions during the test collection process.



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inquiries@doctorsdata.com - www.doctorsdata.com

### RBC Elements Collection Instructions:

- 1) Draw the blood into the 2 supplied trace element free tubes. Fill the tubes completely (minimum 5 ml per tube) and invert 10 times to ensure mixing.
  - 2) Label the tubes with the patient's name and the collection date.
  - 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 this information.* Place the completed requisition form in the cardboard shipping box. The specimen is now ready for shipment.

### Shipping Instructions:

- 1) Place the cardboard kit box containing the specimen and the completed Test Requisition form into the DHL Lab Pack.
- 2) Write your name and address in the space provided on the EZ Return label. Affix the label to the Lab Pack in the space provided. Keep the small label at the bottom of the sheet for your records.
- 3) Contact DHL for pickup:

**US clients:** Call DHL toll free at 1-800-225-5345 to schedule your pickup. When you hear the automated greeting press "1" for domestic shipping, then press "0" to speak with a live DHL representative. Tell the representative that you need a pickup for a shipment using an "EZ Return label" and give your address.

You may also use a DHL drop box. To locate the nearest drop box, visit [www.dhl-usa.com](http://www.dhl-usa.com) and then click the "SHIP" button located across the top of the webpage, then select "Find drop-off locations".

**Canadian clients:** Call DHL toll free at 1-800-225-5345 to schedule your pickup. When you hear the automated greeting select your language, then press "1" to book a pickup, then press "0" to speak with a live DHL representative. Tell the representative that you need a pickup for a shipment using "import express account #968472093" and give your address. Canadian call centers are open Monday through Friday between 7am and 6pm.

You may also use a DHL drop box. To locate the nearest drop box, visit [www.dhl.ca/dropoff](http://www.dhl.ca/dropoff) and then click on your province.

### General Shipping Information:

- ◆ You may ship specimens Monday through Friday only. If you complete this test on a Saturday or Sunday, you must hold the specimen until Monday before shipping.
- ◆ For best results, Doctor's Data recommends shipping specimens as soon as possible. If you cannot ship the specimen on the same day you finish the collection, such as over a weekend or holiday, put the specimen into the refrigerator until you are ready to ship the test collection kit.
- ◆ If you are located outside of the United States or Canada you must make your own shipping arrangements.

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