Before You Start:
Please read all of the directions, and familiarize yourself with the collection procedures.

The test requires no special diet or fasting prior to collection. Please refrain from taking non-essential medications, and dietary supplements that contain glutathione for 72 hours prior to the specimen collection, unless otherwise instructed by your physician. Never discontinue prescription medications without first consulting your physician.

Phlebotomists: Schedule the draw so that you are able to ship the specimen the same day as it is collected. Clotted or frozen tubes are not acceptable and will require a redraw.

Specimen must be received within three days of collection.

Verify Kit Contents:
1 Polar Pack foam freezer brick
1 Styrofoam insulating sleeve
1 EDTA purple top tube
1 Clear plastic protective tube
1 Zip-lock bag
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:

1) Before you draw the blood, place the foam freezer brick into a freezer until frozen solid (usually about 6 hours).

2) Draw the blood into the supplied EDTA purple top tube. Fill the tube completely (minimum 5 ml) and invert 10 times to ensure mixing. **DO NOT FREEZE THE SPECIMEN.**

3) Write the patient’s name, the date of collection, and patient’s date of birth on the tube. The test cannot be performed without the patient information on the tube.

4) In the collection information section of the requisition form (located in the upper right hand corner) fill in the specimen collection date. Place the blood tube into the clear plastic protective tube and cap it. Place the tube into the zip-lock bag. Retrieve the foam freezer brick and place into the bottom of the styrofoam insulation shell. Place the zip-lock bag containing the specimen on top of the foam brick. Close the shell and place it into the cardboard shipping box.

**TIP:** To more easily remove the cap on the clear plastic protective tube, rock the cap back and forth while pulling.

5) 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 specimen is now ready for shipment.

To obtain the best results, Doctor’s Data recommends shipping specimens as soon as possible. The specimen must be shipped the same day it is collected. Clotted or frozen tubes are not acceptable and will require a redraw.

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