



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

Plasma Amino Acids

Before You Start:

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

The blood specimen for this test must be collected after an overnight fast. A fasting collection emphasizes metabolic problems and minimizes dietary/digestive influences. For 48 hours prior to the specimen collection discontinue taking any amino acid dietary supplements and/or amino acid metabolites such as GABA, 5- HTP, and creatine. For 48 hours prior to the specimen collection do not consume artificial sweeteners containing aspartame such as NutraSweet®, Equal®, etc. Consumption of these products can cause false elevations of reported amino acid results. Your physician may or may not tell you to discontinue using other dietary supplements or medications. *Never discontinue prescription medications without first consulting your physician.*

Phlebotomist Notes:

Tubes: Lavender-top EDTA tube – do not use Heparin tube

Processing: Pipette plasma into vial with preservative (sulfosalicylic acid) – fill to line

Rejection: < 1 mL, hemolysis

Shipping/Stability: Freeze plasma and send with frozen gel ice brix

Verify Kit Contents:

1 Lavender-top EDTA tube

1 Plastic transfer pipette

1 8mL plasma transfer vial w/sulfosalicylic acid (SSA)*

1 Polar gel ice brix

1 Styrofoam insulating shell

1 Zip-lock bag with absorbent material

1 Test requisition form

1 FedEx Clinical Pak with Prepaid Billable Stamp

*Vial contains 200 μ L 50% sulfosalicylic acid, a weak acid.

Wipe spills with a wet towel. In case of contact with eyes, flush with water for 15 minutes. In case of contact with skin, wash with soap and water.

- ◆ 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) Draw the blood into the supplied EDTA (lavender top) tube and invert 10 times to mix. The blood must be drawn after an overnight fast.
- 2) Within 30 minutes of initial blood draw, centrifuge the tube for at least 10 minutes. Promptly remove the tube when the centrifuge stops.
- 3) Pipette the plasma into the plastic transfer vial using the disposable pipette supplied. Pipette the plasma to the line marked "2mL" on the tube. Do not fill above or below this line. An acid solution has been added to this vial to precipitate out the protein.
- 4) Mix the acid and plasma by inverting the vial at least 10 times. The contents will become milky white.
- 5) Write the patient's name, date of birth, and the date of collection on the specimen vial. **The test cannot be performed without the patient identifiers on the vial.** Place the vial into the zip-lock bag, then place the bag and the gel ice brix into a freezer until frozen solid (usually about 6 hours).
- 6) After freezing, place the frozen gel ice brix into the bottom of the styrofoam insulation shell, then place the zip-lock bag containing the frozen specimen on top of the gel ice brix. Close the shell and place it into the cardboard shipping box.
- 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 specimen is now ready for shipment.

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 a freezer until you are ready to ship the test collection kit.

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