

## ② KIT CONTENTS

### Verify Kit Contents:



2 x SST  
yellow-top  
vial



1 x EDTA  
lavender-top  
vial



1 x Sodium  
citrate  
light blue-top  
vial



1 x Fluoride  
oxalate  
grey-top vial



3 x Aliquot  
transfer tube



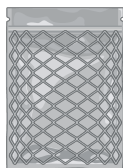
3 x Pipette



1 x Ice pack



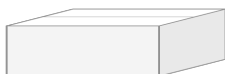
2 x Biohazard bag  
with absorbent  
material



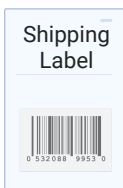
1 x Silver insulated  
envelope



1 x Requisition  
form



1 x Return shipping  
box (your kit  
arrived in this)



1 x Shipping label  
to **Medical  
Diagnosis**



1 x Shipping bag

If you are missing any components, please call the Regenerus Laboratories customer service department on **+44 20 3750 0870** for assistance

## ③ PREPARATION

**Important:** Do not discontinue any medications or supplements without first consulting your healthcare practitioner

The sample must be shipped within 24 hours of the blood draw. Schedule the blood draw between Monday and Wednesday before 10 am, ensuring that the next day is not a UK bank holiday or weekend.

This is a fasting test; fast for at least 12 hours

Samples must be received at Medical Diagnosis between Monday and Thursday, with the last dispatch day being Wednesday. To ensure timely shipping, schedule the courier collection at least 24 hours in advance.

Samples collected and shipped outside of this timeframe may be considered too old and may be rejected.

Freeze the ice pack for 4 to 6 hours minimum before the blood draw.

Please ensure you read and understand the preparation information prior to collection

## ④ COLLECTION

- Draw blood into the vials in the following order:
  - 1 x Sodium citrate light blue-top vial
  - 2 x SST yellow-top vial
  - 1 x EDTA lavender-top vial
  - 1 x Fluoride oxalate grey-top vial.
- Invert the vials 8 to 10 times after the completion of the draw.

All vials **MUST** be centrifuged, except for the EDTA lavender top vial

- Allow the sodium citrate, SST and fluoride oxalate vials to stand for 20 to 30 minutes before centrifuging.

- Centrifuge sodium citrate, SST and fluoride oxalate vials to separate the plasma and serum at approximately  $2000 \times g$ . For a swing-arm centrifuge, spin for 10 minutes at 3000 rpm. If using a fixed-angle rotor centrifuge, spin for 15 minutes at 3500 rpm.

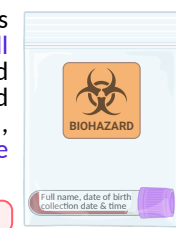
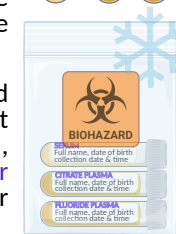
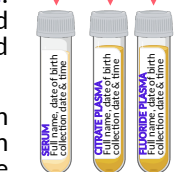
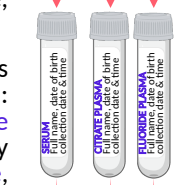
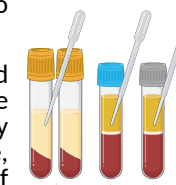
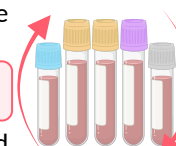
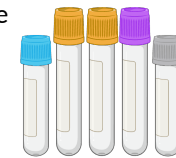
- Label each of the three aliquot tubes with the appropriate sample type: **Serum**, **Citrate Plasma**, and **Fluoride Plasma**. Ensure that each tube is clearly labelled with the **patient's full name**, **date of birth**, **collection date** and **time**. All information must be legible and match exactly with the details provided on the requisition form.

- Using a separate pipette for each sample, transfer the serum (from both SST vials) and the citrate and fluoride plasma into the three respective aliquot tubes.

- Place the labelled serum, citrate and fluoride plasma tubes into the first biohazard bag with absorbent material, seal it tightly, and store it in the **freezer** with an ice pack until ready for shipment.

- Ensure that EDTA whole blood vial is clearly labelled with the **patient's full name**, **date of birth**, **collection date** and **time**. Then, place it into the second biohazard bag with absorbent material, seal it tightly, and store it in the **fridge** until ready for shipment.

DO NOT freeze EDTA purple top vial



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## PACKING

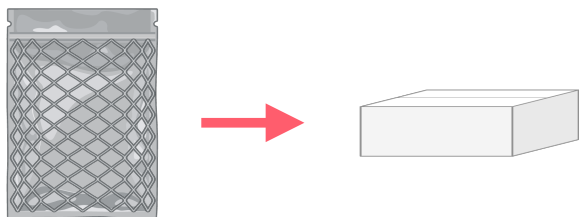
1. Retrieve the ice pack and the first biohazard bag containing the labelled vials from the freezer and place them in the silver insulated envelope.



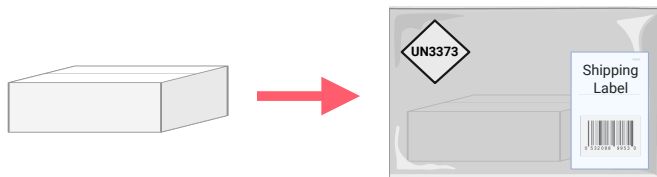
2. Retrieve the second biohazard bag containing the labelled EDTA vial from the fridge and place it in the return box along with the **completed** requisition form.



3. Place the silver insulated envelope containing the first biohazard bag and the ice pack into the **same** return box, positioning it on top of the biohazard bag containing the EDTA vial and requisition form.



4. Place the box in the appropriate return bag and apply the pre-paid return shipping label to **Medical Diagnosis**.



The test cannot be performed without a properly filled requisition form

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## SHIPPING

Please follow the instructions on the enclosed shipping document

For health & safety reasons, you **must** use all packaging enclosed and seal each bag correctly before returning your sample.

Medical Diagnosis reserves the right to dispose of any sample received which does not meet this criteria.

We **do not** receive samples on weekends or bank holidays. Please ensure that your samples are received by Medical Diagnosis between Monday and Thursday.

Failure to do so may require the test to be rejected and needing to be repeated.

**Telephone** +44 20 3750 0870

**Email** [info@regeneruslabs.com](mailto:info@regeneruslabs.com)

**Website** [www.regeneruslabs.me](http://www.regeneruslabs.me)

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## MEDICAL DIAGNOSIS

FUNCTIONAL PLATINUM PANEL,  
PLATINUM PLUS FX, INSULIN

BLOOD COLLECTION

## INSTRUCTIONS

Read all instructions before collecting specimens

BPO 11/13/16