

Shipping Information:

Because of overseas shipping requirements, we do not receive samples on Weekends or Bank Holidays. Please ensure your samples are received by us no later than Friday by 4pm. DO NOT SHIP ON A FRIDAY.

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

Regenerus Laboratories reserves the right to dispose of any sample received which do not meet this criteria.

For your convenience, we have enclosed a pre-paid return shipping label. Please stick this to the outside of your sealed shipping bag or package, and pop it into your local post office.

Should you require any assistance, please call us on +44 (0) 203 750 0870 or email us @ the address below.



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Code **TEE16**

Collection Instruction for
Plasma Methylation

Before You Start:

Please read all of the directions and familiarize yourself with the collection procedures. The results of this test are greatly dependant on proper specimen collection technique and are very time sensitive.

Unless otherwise instructed by your physician, it is recommended that the blood specimen for this test be collected after an overnight fast. A fasting collection emphasizes metabolic problems and minimizes dietary influences. For 48 hours prior to the collection, discontinue taking dietary supplements containing methionine, cysteine, SAMe, and vitamins containing folate unless otherwise directed by your physician. Never discontinue prescription medications without first consulting your physician.

The samples must be received at our centre within 5 days after collection.

Verify Kit Contents:

1 Zip-lock bag marked STORE IN
REFRIDGERATOR containing: 1 EDTA lavender top tubes
1 Plastic transfer pipette
1 Clear-capped 8 ml plasma Transfer vial w/acetic
acid Preservative*
1 Absorbent material

1 Polar Pack gel ice brick
1 Styrofoam insulating container
1 Zip-lock bag with absorbent material
1 Test requisition form
1 Shipping and Materials Instruction form
1 Shipping Label (UK and IRL only)

*Vial contains approximately.5mL of 6% acetic acid which is similar to vinegar.

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 our Customer Service department for assistance.
- Save the cardboard collection kit box to ship your samples back to the laboratory.



Collection Instructions

- 1) Prior to collecting the blood, place the gel ice brick into a freezer until frozen solid (about 6 hours) for shipping with your sample.
- 2) Draw the blood into the 1 EDTA (lavender top) tube and invert 10 times to mix. Specimen must be centrifuged within 15 minutes of the blood draw then stored in a refrigerator.
- 3) Centrifuge the tube for 20 minutes at 4000rpm (to archive relative centrifugal force of 2000g). Allow the centrifuge to stop without braking. Within 5 minutes of stopping carefully remove the tubes.
- 4) Pipette plasma into the supplied transfer tubes using only the very top plasma layer. It is critical that you do not pipette from the bottom or middle plasma layer. Avoid pipetting any white or red blood cells. Do not use plasma that is haemolyzed (red colour).
- 5) Remove the clear-capped 8mL plastic transfer vial from the zip-lock bag Using the disposable pipette supplied, pipette plasma into the clear-capped 8mL plastic transfer vial w/acetic acid preservative. Fill to the line marked "5mL"- do not fill above the line. 3mL is the minimum amount of plasma required. Mix by inverting the tube at least 5 times.
- 6) Write the patients name, the date of collection and patients date of birth on the transfer vial. The test cannot be performed without the information on the vials
- 7) Place the vial into the zip lock bag, then place the bag into **FREEZER** until ready to ship.

8) 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.

9) When ready to ship, place the frozen gel ice brix into the bottom of the Styrofoam insulating container, and then place the zip-lock bag containing the frozen specimen on top of the ice brix. Close the shell and place into the cardboard shipping box. The specimen is now ready for shipping.

For best results, the analysing laboratory, Doctors 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, store the specimen in the zip-lock bag in the **FREEZER** and return the gel ice brick into the freezer until you are ready to ship.

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