

AMINO ACIDS AND FATTY ACIDS

SPECIMEN COLLECTION INSTRUCTIONS

THIS SPECIMEN COLLECTION KIT CAN BE USED FOR THE FOLLOWING TEST(S):

- 0010 - AMINO ACIDS 40** - Plasma
- 0011 - AMINO ACIDS 20** - Plasma
- 0040 - FATTY ACIDS** - Plasma
- 0093 - HOMOCYSTEINE** - Plasma
- 0240 - AA/EPA RATIO** - Plasma
- 0310 - AMINO ACIDS 40 NY** - Plasma
- 0311 - AMINO ACIDS 20 NY** - Plasma

PLEASE NOTE:

All patient specimens require two unique identifiers (patient's name and date of birth), as well as date of collection.

Patient's first and last name, date of birth, and date of collection must be recorded on the Test Requisition Form as well as all tube(s) and/or vial(s), using a permanent marker, or the test may not be processed.

SPECIMEN

Plasma, 2.5-3 ml, frozen

COLLECTION MATERIALS

- Lavender top EDTA tube
- Lavender top clear transfer tube
- Disposable pipette

SHIPPING MATERIALS *

- Absorbent pad
- Ice pack
- Test Requisition Form
- Biohazard bag with side pocket
- Specimen collection kit box
- FedEx® Express Clinical Lab Pak and Billable Stamp

**Shipping materials may differ outside of the U.S. Please see your shipping instructions for details.*



Call 800.221.4640 or visit our website at www.metamatrix.com

Please read all instructions carefully before beginning.

PATIENT PREPARATION

- It is best to **ship your specimen within 48 hours of collection**. Please refer to the enclosed shipping instructions **before** you collect to determine what days you can ship your specimen.
- It is not necessary to discontinue nutritional supplements prior to this test. Abnormalities that may be found will reveal special needs that have not been met by recent dietary and supplemental intake.
- **FOR TESTS:** 0010 and 0310 (Amino Acids 40), 0011 and 0311 (Amino Acids 20), 0040 (Fatty Acids), and 0240 (AA/EPA Ratio) patient must be fasting for 8-12 hours
- **FOR TESTS:** 0093 (Homocysteine), it is not necessary for patient to fast
- **FOR ALL TESTS:** Patient may have water

WARNING FOR 0093 HOMOCYSTEINE:

Specimens from patients who are on drug therapy involving S-adenosyl-methionine may show falsely elevated levels of homocysteine. Results on specimens obtained from patients taking methotrexate, carbamazepine, phenytoin, nitrous oxide, anti-convulsants, or 6-azauridine triacetate should be interpreted with caution as these substances interfere with homocysteine determination.

PLASMA COLLECTION

- 1. WRITE** patient's first and last name, date of birth, and date of collection on the Test Requisition Form (located in the pouch on top of the Specimen Collection Kit Box), as well as all tubes, using a permanent marker.
- 2. Lavender top EDTA tube and lavender top clear transfer tube**
 - **DRAW** the lavender top EDTA tube completely
 - **INVERT** the lavender top EDTA tube 10 times to mix the EDTA with the blood
 - **CENTRIFUGE** immediately for 15 minutes. The plasma must be free of hemolysis or red blood cells.
 - **REMOVE** the lavender top EDTA tube from centrifuge. **DO NOT INVERT TUBE.**
 - **PIPETTE** 2.5-3 ml plasma, using a fresh disposable pipette, into the lavender top clear transfer tube
 - **FREEZE** the lavender top clear transfer tube and the ice pack

SPECIMEN PREPARATION

1. **PLACE** the frozen lavender top transfer tube, frozen ice pack, and absorbent pad into the biohazard bag.
2. **STAPLE** payment to the bottom right-hand corner of the completed Test Requisition Form. **FOLD** and **PLACE** them in the side pocket of the biohazard bag.
3. **SEAL** the biohazard bag; **PLACE** it into the specimen collection kit box and close the box.

CHECKLIST (PRIOR TO SHIPPING)

1. TUBE

- Patient's first and last name, date of birth, and date of collection are written on the tube
- Tube is capped tightly

2. FROZEN

- Ice pack
- Lavender top transfer tube

3. TEST REQUISITION FORM WITH PAYMENT

- Test Requisition Form is complete
- Payment is included