

# NUTRIENT & TOXIC ELEMENTS - ERYTHROCYTES & WHOLE BLOOD PROFILES

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## SPECIMEN COLLECTION INSTRUCTIONS

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

**0022 NUTRIENT & TOXIC ELEMENTS** - Erythrocytes

**0026 TOXIC METALS** - Whole Blood

**0037 NUTRIENT & TOXIC ELEMENTS NY** - Erythrocytes

**0039 TOXIC METALS NY** - Whole Blood

### 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

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Whole Blood, room temperature, non-fasting

### COLLECTION MATERIALS

- Royal-blue top Na-EDTA tube, trace mineral free

### SHIPPING MATERIALS

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

*\*International shipping may vary, please see shipping instructions for more details.*



Call 800.221.4640 or visit our website at [www.metamatrix.com](http://www.metamatrix.com)

*Please read all instructions carefully before beginning.*

## PATIENT PREPARATION

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- 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 have the patient fast
- 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.

## WHOLE BLOOD COLLECTION

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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 on the royal-blue top Na-EDTA tube, using a permanent marker.
2. **Royal-blue top Na-EDTA tube**
  - **DRAW** the royal-blue top Na-EDTA tube completely
  - **INVERT** the tube gently 10 times immediately after blood draw
  - **LEAVE** the tube at room temperature.**DO NOT CENTRIFUGE OR TRANSFER.**

## SPECIMEN PREPARATION

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1. **PLACE** the room temperature royal-blue top Na-EDTA tube 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)

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### 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. ROOM TEMPERATURE

- Royal-blue top Na-EDTA tube

### 3. TEST REQUISITION FORM WITH PAYMENT

- Test Requisition Form is complete
- Payment is included