

METABOLIC SYNDROME PROFILE

SPECIMEN COLLECTION INSTRUCTIONS

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

0146 METABOLIC SYNDROME PROFILE - Plasma/Serum

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

Serum, 3 ml, frozen; Plasma, 2.5-3 ml, frozen

COLLECTION MATERIALS

- Lavender top EDTA tube
- Red/gray top serum separator tube
- Lavender top clear transfer tube
- Red top amber transfer tube
- 2 Disposable pipettes

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

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



Call 800.221.4640 or visit our website at www.metametrix.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.
- Patient must be fasting for 12 hours. Patient may have water.
- 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.

BLOOD 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 ice pack
3. **Red/gray top serum separator tube and red top amber transfer tube**
 - **DRAW** the red/gray top serum separator tube completely
 - **PLACE** upright in a rack at room temperature for no longer than 20 to 30 minutes to clot blood
 - **CENTRIFUGE** the red/gray top serum separator tube for 15 minutes. The serum must be free of hemolysis or red blood cells.
 - **PIPETTE** 3 ml serum, using a fresh disposable pipette, into the red top amber transfer tube and cap tightly
 - **FREEZE** the red top amber transfer tube and the ice pack

SPECIMEN PREPARATION

1. **PLACE** the frozen lavender top clear transfer tube, frozen red top amber 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. **TUBES**
 - Patient's first and last name, date of birth, and date of collection are written on all tubes
 - All tubes are capped tightly
2. **FROZEN**
 - Lavender cap clear transfer tube (plasma)
 - Red top amber transfer tube (serum)
 - Ice pack
3. **TEST REQUISITION FORM WITH PAYMENT**
 - Test Requisition Form is complete
 - Payment is included